DELIGHTS
FOR
LADIES,
TO
ADORNE THEIR
Perſons, Tables, Cloſets,
and Diſtillatories;
WITH
Beauties, Banquets, Perfumes,
and waters.

Reade, practiſe, and cenſure.

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To all true Louers of Art and Knowledge.

Sometimes I write the forms of burning hals,
Supplying wants that were by woodfals wrought;
Sometimes, of tubs defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beuerage,
Great Neptune *and his pilgrims to content;*
Sometimes, of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of soile,
Which neither Ceres *nor her handmaids knew.*
I write to all: but scarcely one beleeues, (true.
Saue Diue *and* Denshire, *who haue found them*
When heauens did mourn, in cloudy mantles clad,
And threatned famine to the sons of men:
When sobbing earth denyd her kindly fruit
To painfull plough-man and his hindes; euen then
I write, reliefull remedies of dearth.
That Art might help, where nature made a faile;

But all in vaine: these new-born babes of Art,
In their vntimely birth straightway do quaile
Of these and such like other new-found skils,
With painfull pen, I whilome wrote at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfum'd:
I scorn to write with coppresse, or with gall:
Barbarian Canes are now become my quils:
Rose-water is the ink I write withall.
Of sweets the sweetest I will now commend
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice
Preserues and conserues both of plum and peare.
Empaling, now adiew: tush, marchpane wals
Are strong enough, and best befit our age.
Let pearcing bullets turn to sugar bals.
The Spanish feare is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of musked Sugar I intend to write,
Of Leach, of Sucket, and Quidinea,
Affording to each Lady her delight.
I teach both fruits and flowers to preserue,
And candy them; so Nutmegs, Cloues, and Mace;
To make both marchpane paste, and sugred plate,
And cast the same in forms of sweetest grace.
Each bird and fowle so moulded from the life;
And after, cast in sweet compounds of Art,

As

As if the flesh and form which Nature gaue,
Did still remain in euery limb and part.
When cryſtall froſt hath nipt the tender grape,
And clean conſum'd the fruits of euery vine,
Yet heer behold the cluſters freſh and faire,
Fed from the branch, or hanging on the lime.
The walnut, ſmall nut, and the cheſnut ſweet,
Whoſe ſugred kernels loſe their pleaſing taſte,
Are heer from yeer to yeer preſerued meet,
And made by art with ſtrongeſt fruits to laſt.
The Artichoke, and the Apple of ſuch ſtrength,
The Quince, Pomgranate, with the Barbarie,
No ſugar vs'd, yet colour, taſte and ſmell,
Are heer maintain'd and kept moſt naturally.
For Ladies cloſets, and their ſtillatories,
Both waters, oinments, and ſweet ſmelling bals,
In eaſie rearms without affected ſpeech,
Heer preſent moſt ready at their cals.
And leſt with careleſſe pen I ſhould omit
The wrongs that Nature on their perſons wrought,
Or parching Sun with his hot fiery raies,
For theſe likewiſe releeuing means I ſought.
No idle thoughts, nor vain ſurmiſed skils,
By fancy fram'd within a theorick brain,
My Muſe preſents vnto your ſacred eares:
To win your fauours falſely, I diſdain.
From painfull practice, from experience,
I ſound, though coſtly, my ſkeries deriue.

With firie flames, in scorching Vulcan's *Forge,*
To teach and fine each Secret, I do strive.
Accept them well, and let my wearied Muse
Repose her self in Ladies laps awhile.
So, when she wakes, she happely may record
Her sweetest dreams in some more pleasing stile.

H. PLAT.

GOod Reader, for the understanding of this Table, knowe, that a, b, c, d, *doe giue directions vnto the foure seuerall parts or treaties of this booke; (a) for the first, the rest in their order.*

A

ANula Campana roots preserued a,1
Almonds in leach. a,27
Almond butter to make. a,57
Almonds into gelly. a,58
Aligar distilled. b,16
Apples kept dry all the yeer. a,47
Aqua rubea. b,7
Aqua composita of D. *Steeuens*. b,8
Artichokes kept long. a,69

B

BAgs sweet to lie among linnen. d,35
Ball to take out stains. d,3
Ball to wash with. d,8
Balm water. b,5
Beaumanger. c,11
Beef rosted kept long. c,18

Beefe powdered, kept long without charge c,19
Beefe fresh at the sea c,20
Beauty for the face d,7.14
Bisket bread, or French bisket a,19
Bisket called Prince bisket a,20
Bisket called Bisketello a,21
Bloud of herbs b,22
Borage candied a,11
Bottling of Beer truely c,17
Bottles mustie helped c,28
Bottle Ale most excellent c,32
Brawn to eat, tender and delicate c,13
Broom capers preserued a,37
Broiling without smoke c,26
Bruise helped d,24
Butter tasting of spice or flowers a,21

C

CAkes sweet without spice or sugar a,6
Candying of flowers a,9.53
Candying in rock candy a,33.42
Candying of orenge pils a,35
Candles for Ladies tables c,39
Candles hanging in the aire c,40
Capers of broom preserued a,37
Capon boiled in white broth c,5

Casting in sugar plate a,13
Casting of sugar in party moulds a,43
Casting and moulding of fruit a,44
Cherries preserued a,8
Cherrie pulp kept dry all the yeer a,45
Cherries dried in the Sun a,46
Cheese extraordinary c,22
Chesnuts kept long a,73
Chilblanes helped a,15
Chine of Veale or chicken boiled c,10
Cinamon water b,10
Collis white, and like gelly a,55
Comfits of all sorts a,54
Conserues of Prunes or Damsons a,50.52
Conserue of Strawberries a,51
Cowcumbers preserued a,36
Cowslep paste a,40
Cowslep water, or vinegar of the colour of the Cowslep a,34
Crayfish kept long c,31
Cream clowted c,23

D

DAmask powder d,19
Damsons in Marmelade a,31
Damson pulp kept all the yeer a,45
Damsons in conserue a,50.52
Dentifrices for the teeth d,26

Distillation of hearbes in a new manner. b,11
Drying of fruits in the Sunne. a,46

E

EGlantine water. b,20
Eringo roots preserued a,1
Extract of vegetables. b,19

F

FAce spotted or freckled, to helpe d,6
23
Face made faire d,7.14
Face full of heate, helped. d,11.16
17,18,19,20,21
Face kept white and cleare d,12
Fish into paste. c,14
Fish fryed, kept long c,17
Flesh kept sweet in Summer c,24
Flies kept from oyle peeces. c,30
Flounder boyled on the French fashion. c,3
Flowers preserued. a,7
Flowers candied. a,9.11
Flowers in rock candy. a,42

Flowers dried without wrinkling. a,63
Fruit preserued. a,8
Fruit how to mould and cast. a,44
Fruit kept dry all the yeer. a,45.46.47
Fruit kept long fresh. a,70

G

Gelly crystalline. a,26
Gelly of fruits. a,29
Gelly of Almonds. a,58
Gilliflowers kept long. a,61
Gilliflowers preserued. a,7
Gilliflower water. b,20
Ginger-bread. a,22
Ginger-bread dry. a,23
Ginger in rock candy. a,33 42
Ginger green in sirup. a,49
Ginger candied. a,53
Gloues to perfume. d,34
Goose-berries preserued. a,8
Grapes growing all the yeer. a,62
Grapes kept till Easter. a,64

H

Handwater excellent. d,2.28
Hands stained, to help. d,5

Hands freckled, to helpe d,6
Hand-water of Scotland b,21
Haſell Nuts kept long a,72
Haire black altered d,30.37
Haire made yellow d,36
Herbs diſtilled in a new manner b,11
Herbs to yeeld ſalt b,12
Herbs to yeeld bloud b,22
Hony to yeeld ſpirit b,13

I.

IRiſh Aqua vitæ b,9
Iſop diſtilled in a new manner b,11
Iuyce of Orenges or Lemmons kept all the yeer c,35
Iumboles to make a,16

L.

LArks to boile c,4
Lauender diſtilled in a new manner b,11
Leach of Almonds a,27
Leach a,59
Leg of Mutton boyled after the French faſhion c,7

Lemmons in Marmelade a,41
Lemmon moulded and caſt a,44
Lemmon juyce kept all the yeer c,35
Lettuce in ſucket a,32
Liquerice paſte a,40
Lobſters kept long c,31

M

Mace in rock candy a,42
Mallard to boile c,6
Marchpane paſte a,12.18
Marigolds preſerued a,7
Marigolds candied a,9.11
Marigold paſte a,40
Marmelade of Quinces or Damſons a,30
Marmelade of Lemmons or Orenges a,41
May-dew clarified a,33
Morphew helped d,21.22
Mulberries in gelly a,29
Muſk ſugar a,2
Muſtard meale c,25
Muſtineſſe helped or prouented in waters b,24

Nut-

N

Vtmegs in rock candy. a,33.43
Nutmegs candied. a,34
Nuts moulded and cast off. a,44
Nuts kept long. a,72

O

Renges preserued. a,34
Orenge pils candied. a,35
Orenges in marmelade. a,41
Orenge moulded and cast off. a,44
Orenge juice kept all the yeer. c,35
Osters kept long. c,15

P

Aste of flowers. a,14.40
Paste of Nouie. a,15
Paste to keep one moist. a,17
Paste called puft paste. a,24
Paste short without butter. a,23
Paste of Genua of Quinces. a,30
Paste of fish. c,14
Peare moulded and cast off. a,44

Peares kept drie. a,47
Perfumes delicate, and ſuddenly made d,31
Perfuming of Gloues. d,34
Pickrel boyled on the French faſhion. c,3
Pigeons of ſugar paſte. a,10
Pigeons boyled with Rice. c,9
Pigge to ſowſe. c,1.2
Piggs pettitoes boiled after the French faſhion. c,8
Plums preſerued a,8
Plums dryed in the Sunne. a,46
Pomander to make. d,4
Pomander renewed. d,32
Pomatum moſt excellent for the face. d,13
Pomegranats kept long. a,68
Preſeruing of roots. a,1
Preſeruing of Cowcumbers. a,36
Prunes in conſerue. a,50.52
Pulpe of fruite kept all the yeare. a,45

Q

QVidinia of Quinces a,28
Quinces into paſte of Genua. a,30
Quinces in Marmelade. a,32
Quinces kept dry all the yeare. a,47

Quinces kept long. a,67

R

RAbbets of sugar paste a,10
Raspices in gelly a,29
Roots preserued a,1
Roots candied a,53
Rosa solis to make b,6
Rosemary flowers candied a,9
Rose-leaues to dry a,36
Rose sirup a,5
Roses preserued a,7
Roses and Rose-leaues candied a,9.11
Rose paste a,40
Roses kept long a,61
Rose-leaues dried without wrinkles a,63
Rose-water distilled at Michaelmas b,14
Rose-water distilled in a speedy manner b,15
Roses to yeeld a spirit b,17
Rose-water most excellent b,18
Rose-water, and yet the Rose-leaues not discoloured b,23
Rose-water and oile drawne together b,25

Rose-water of the colour of the Rose c,34

Rose Vinegar of the colour of the Rose c,34

Rose Vinegar made in a new manner c,41

S

Sallet oile purified and graced in taste and smell c,36
Salmon kept long fresh c,16
Sal. of herbs b,12
Salt delicate for the table c,38
Sawsedges of Polonia c,14
Sirup of Violets a,4
Sirup of Roses a,5
Sparrows to boile c,4
Spirit of wine extraordinary b,1
Spirits of wine ordinary b,2
Spirits of spices b,3
Spirit of wine tasting of any vegetable b,4
Spirit of hony b,13
Spirit of herbs and flowers b,17
Skin white and cleer d,2
Sun-burning helped d,22

Stoue to ſweat in. d,27
Strawberries in gelly. a,29
Strawberries in conſerue. a,51
Sucket of Lettuce ſtalks. a,32
Sucket of green Walnuts. a,49
Sugar musk. a,2
Sugar paſte for foule. a,10
Sugar plate to caſt in. a,13
Sugar plate of flowers. a,14
Sugar plate to colour. a,38
Sugar caſt in party moulds. a,43
Sugar ſmelling and taſting of the cloue or cinamon. a,71

T

TEale to boile. c,6
Teeth kept white and ſound. d,10
25,16
Thyme diſtilled in a new manner. b,11
Troſſes for the Sea. a,39

V

VInegar diſtilled. b,16
Vinegar to clarifie. c,37
Violet ſirup. a,4

Violet paſte. a,40,41
Violet water, or vinegar of the colour of the violet. c,34
Vſquebath. b,9

W

VVAfers to make. a,56
Walnuts in ſucket. a,49
Walnuts kept freſh long. a,65.66
Wardens kept dry all the yeer. a,47
Waſhing water ſweet. b,21.d,2.28.29
Whites of egges broken ſpeedily. c,29
Widgen to boile. c,6
Wine, taſting of wormwood, made ſpeedily. c,33

Y

YTch helped. d,25

FINIS.

The Art of Preſeruing, *Conſeruing*, *Candy*ing, &c.

1. *How to preſerue Eringo roots, Ænula Campana, and ſo of others in the ſame manner.*

SEeth them till they be tender: then take away the piths of them, and leaue them in a colander til they haue dropped as much as they will: then, hauing a thin ſirup ready, put them being cold into the ſirup being alſo cold, and let them ſtand ſo 3 dayes: then boyle the ſirup (adding ſome more freſh ſirup to it, to ſupply that which the roots haue drunk vp) a little higher: and at 3 dayes end, boile the ſirup again without any new addition, vnto the full height of a preſeruing ſirup, and put in your roots, and ſo keep them. Roots preſerued

preſerued in this manner, will eat very tender, becauſe they neuer boiled in the ſirup.

2. *How to make musk-ſugar of common ſugar.*

BRuiſe 4 or 6 graines of Muske: place them in a piece of Sarcenet, fine Lawn or Cambrick doubled: lay this in the bottome of a gally po, ſtrewing your ſugar theron: ſtop your pot cloſe, and all the Sugar in a few daies will both ſent and taſte of Musk: and you may lay more ſugar thereon, when you haue ſpent that ſugar, which will alſo receiue the like impreſſion. Such Musk-ſugar is ſold for two ſhillings the pound.

3. *How to dry Roſe-leaues in a moſt excellent manner.*

WHen you haue newly taken out your bread, then put in

in your Roſes in a ſiue, firſt clypping away the Whites, that they may be all of one colour: lay them about one inch in thickneſſe in the ſiue; and when they haue ſtood half an houre, or thereabout, they will growe whitiſh on the top: let them yet remain without ſtirring, till the vppermoſt of them be fully dried: then ſtirre them together, and leaue them about one other half houre: and if you finde them dry in the top, ſtirre them together again, and ſo continue this worke, vntill they be thorowly dried: then put them, hot as they are, into an earthen pot, hauing a narrow mouth, and being well leaded within (the Refiners of gold and ſiluer, call theſe pots, Hookers): ſtop it with cork and wet parchment, or with wax & roſin mixed together; and hang your pot in a chimney, or neer a continuall fire, and ſo they will keep exceeding faire in colour, and moſt delicate in ſent. And if

you

you feare their relenting, take the Roſe leaues about Candlemas, and put them once againe into a ſieue, ſtirring them vp and downe often til they be dry: and then put them vp again hot into your pot.

Note, that you muſt ſet vp your ouen lid, but not lute it about when you ſet in your roſe leaues, either the firſt or ſecond time. *Poſt, numero 6.*

4. *A moſt excellent ſirup of Violets, both in taſte and tincture.*

EXpreſſe the juice of clipt Violets, and to three parts of iuyce take one fourth part of conduit water: put the ſame into an Alablaſter Mortar, with the leaues which you haue ſtamped, and wring the ſame out thorough a cloth, as you did at the firſt, into the other juice: put thereto a ſufficient proportion of the fineſt Sugar

ger and brought alſo into a moſt fine powder: let the ſame ſtand 10 or 12 houres in a clean glaſed earthen pan: then drain away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the iuice of Lemmons, and it will becom cleer, tranſparant, & of the violet colour. Then you may expreſſe more iuyce into the Sugar, which will ſettle in the bottome, with ſome of the thickeſt part of the iuyce: and beating the ſame vpon a gentle fire, it will alſo become a good ſirup of violets, but not comparable to the firſt. By this manner of work you gaine one quarter of ſirup, more than diuerſe Apothecaries doe.

5. *A ſingular manner of making the ſirup of Roſes.*

FIll a ſiluer Baſon three quarters full of rain-water or Roſe-water: put therin a conuenient proportion

of Rose-leaues: couer the baſon, and ſet it vpon a pot of hot water (as we vſually bake a cuſtard) in iij. quarters of an houre, or one whole houre at the moſt, you ſhal purchaſe the whole ſtrength and tincture of the roſe: then take out thoſe leaues, wringing out all their liquor gently, and ſteep more freſh leaues in the ſame water: continue this iteration ſeuen times, and then make it vp in a ſirup: and this ſirup worketh more kindely than that which is made meerly of the iuice of the Roſe. You may make ſundry other ſirups in this manner. *Quære* of hanging a pewter head ouer the baſon, if the aſcending water will bee worth the keeping.

6. *Another way for the drying of Roſe-leaues.*

DRy them in the heat of a hote ſunny day vpõ a Leads, turning them

them vp and down till they bee dry (as they do hay): then put them vp into glaſſes well ſtopt and luted, keeping your glaſſes in warme places; and thus you may keep all flowers: but herbs, after they are dried in this manner, are beſt kept in paper-bags, placing the bags in cloſe cupboards.

7. *How to preſerue whole Roſes, Gilliflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud, nor ouerblowne, in a ſirup, cõſiſting of ſugar double refined, & Roſewater boiled to his full height: then open the leaues, one by one, with a fine ſmooth bodkin, eyther of bone or wood; and preſently, if it bee a hot ſunny day, and whil'ſt the Sunne is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

a cloſe room, heating the room before you ſet them in; or in an ouen vpon papers, in pewter diſhes: and then put them vp in glaſſes, & keep them in dry cupboards neer the fire: you muſt take out the ſeeds, if you mean to eat them. You may prooue this, preſeruing with ſugar candy in ſtead of ſugar, if you pleaſe.

8. *The moſt kindely way to preſerue plums, cherries, goosberries, &c.*

YOu muſt firſt purchaſe ſome reaſonable quantity of their owne iuyce, with a gentle heat vpon embers, in pewter diſhes, diuiding the iuice ſtill as it commeth in the ſtrewing: then boil each fruit in his owne iuyce, with a conuenient proportion of the beſt refined ſugar.

9. *How to candy Roſemary-flowers, Roſe-leaues, Roſes, Marigolds, &c. with preſeruation of colour.*

DIſſolue refin'd or double refin'd ſugar, or ſugar-candy it ſelf in a little Roſe-water: boil it to a reaſonable height: put in your roots or flowers when your ſirup is eyther fully cold, or almoſt cold: let them reſt therein till the ſirup haue pearced them ſufficiently: then take out your flowers with a skimmer, ſuffering the looſe ſirup to runne from them ſo long as it will: boyle that ſirup a little more, and put in more flowers, as before; diuide them alſo: then boil all the ſirup which remaineth, and is not drunk vp in the flowers, to the height of *manus Chriſti*, putting in more ſugar if you ſee cauſe, but no more Roſe-water: put your flowers therein when your ſirup is cold, or almoſt cold, and let them ſtand till they candy.

10. *A moſt delicate & ſtiff ſugar paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt, either from the life or carued moulds.*

FIrſt, diſſolue Iſinglaſſe in faire water, or with ſome Roſe-water in the later end: then beat blanched almonds, as you would for Marchpane ſtuffe, and draw the ſame with cream and Roſe-water (milk will ſerue, but cream is more delicate): then put therein ſome powdered ſugar; into which you may diſſolue your Iſinglaſs, being firſt made into gelly, in fair warm water (note, the more Iſinglaſſe you put therein, the ſtiffer your work will proue): then hauing your rabbets, woodcock, &c. molded either in plaiſter from life, or elſe carued in wood (firſt anointing your woodden molds with oile of ſweet almonds, & your plaiſter or ſtone molds with barrows greaſe), poure your ſugar-paſte thereon.

A quart of cream, a quarterne of almonds, two ounces of Iſinglaſſe, and foure or ſix ounces of ſugar, is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your birds, rabbets, &c in the compound wax mentioned in my *Iewell houſe*, in the title of the *Art of moulding & caſting*, page 60. For ſo your moulds will laſt long.

You may dredge ouer your foule with crums of bread, cinamon and ſugar boiled together: and ſo they will ſeem as if they were roſted and breaded. Leach and gelly may bee caſt in this manner.

This paſte you may alſo driue with a fine rowling pin, as ſmooth and as thin as you pleaſe: it laſteth not long, and therefore it muſt bee eaten within a few daies after the making thereof. By this meanes, a banquet may bee preſented in the form of a ſupper, being a very rare and ſtrange deuice.

11. *To candy Marigolds, Roſes, Borage, or Roſemary flowers.*

BOil Sugar & Roſe-water a little vpon a chafingdiſh with coales: then put the flowers (being thorowly dried either by the Sun, or on the fire) into the ſugar, and boile them a little: then ſtrew the powder of double refined Sugar vpon them, and turne them, and let them boile a little longer, taking the diſh from the fire: then ſtrew more powdered Sugar on the contrary ſide of the flowers. Theſe will dry of themſelues in 2 or 3 houres in a hot ſunny day, though they lie not in the Sunne.

12. *To make an excellent Marchpane paſte to print off in moulds for banquetting diſhes.*

TAke to euery Iordan Almond blanched, three ſpoonefuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar, and now and then, as you ſee cauſe, put in two or three drops of damask Roſe-water: beat the ſame in a ſmooth ſtone-mortar, with great labour, vntil you haue brought it into a dry ſtiff paſte. one quartern of ſugar is ſufficient to work at once.

Make your paſte in little bals, euery ball containing ſo much by eſtimation, as will couer your mold or print: then roule the ſame with a rowling pin vpon a ſheet of cleane paper, without ſtrewing any powdered ſugar either vpon your paſte or paper.

There is a countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar-cakes made of this compoſition. But the only fault which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds: and therefore you may prooue the making thereof by ſuch almonds

11. *To candy Marigolds, Roſes, Borage, or Roſemary flowers.*

BOil Sugar & Roſe-water a little vpon a chafingdiſh with coales: then put the flowers (being thorowly dried either by the Sun, or on the fire) into the ſugar, and boile them a little: then ſtrew the powder of double refined Sugar vpon them, and turne them, and let them boile a little longer, taking the diſh from the fire: then ſtrew more powdered Sugar on the contrary ſide of the flowers. Theſe will dry of themſelues in 2 or 3 houres in a hot ſunny day, though they lie not in the Sunne.

12. *To make an excellent Marchpane paſte to print off in moulds for banquetting diſhes.*

TAke to euery Iordan Almond blanched, three ſpoonefuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar, and now and then, as you ſee cauſe, put in two or three drops of damask Roſe-water: beat the ſame in a ſmooth ſtone-mortar, with great labour, vntil you haue brought it into a dry ſtiff paſte. one quartern of ſugar is ſufficient to work at once.

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which haue had some part of their oil taken from them by expression, before you incorporate them with the sugar: and so happely you may mix a greater quantity of them with the sugar, because they are not so oylie as the other.

You may mix cinamon or ginger in your paste, & that will both grace the taste, and alter the colour; but the spice must passe thorow a faire search: you may steep your almonds in cold water all night, & so blanch them cold: and being blanched, dry them in a siue ouer the fire. Heer the garble of almonds will make a cheap paste.

13. *The making of sugar-plate, and casting thereof in carued moulds.*

TAke one pound of the whitest refined or double refined Sugar, if you can gette it: put thereto three ounces (some comfit-makers put

put ſixe ounces for more gaine) of the beſt ſtarch you can buy, and if you dry the Sugar after it is powdered, it will the ſooner paſſe thorough your Lawne Searce. Then ſearce it, and lay the ſame on a heap in the midſt of a ſheet of clean paper: in the middle of which maſſe, put a pretty lump of the bigneſſe of a walnut of gumme dragagant, firſt ſteeped in Roſe-water one night: a porenger full of Roſe-water is ſufficient to diſſolue one ounce of gum (which muſt firſt bee well picked, leauing out the droſſe): remember to ſtrain the gumme thorough a canuas: then, hauing mixed ſome of the white of an egge with your ſtrained gumme, temper it with the ſugar betwixt your fingers by little and little, till you haue wrought vp all the Sugar and the Gumme together into a ſtiffe paſte; and in the tempering, let there be alwaies ſome of the ſugar betweene your fingers and the Gumme: then duſt your

your woodden moulds a little with ſome of that powdered Sugar thorough a peece of Lawn, or fine linning cloth: and hauing driuen out with your rowling pin a ſufficient portion of your paſte to a conuenient thickneſſe, couer your mould therewith, preſſing the ſame downe into euery hollow part of your mold with your fingers: and when it hath taken the whole impreſſion, knock the mold on the edge againſt a table, and the paſte will iſſue forth with the impreſſion of the mould vpon it: or, if the mould bee deep cutte, you may put the point of your knife gently into the deepeſt parts heer and there, lifting vp by little and little the paſte out of the mould.

And if, in the making of this paſte, you happen to put in too much gum, you may put more ſugar therto; and if too much ſugar, then more gum: you muſt alſo work this paſte into your moulds as ſpeedily as you can,

can, after it is once made, and before it harden: and if it growe ſo hard that it crack, mix more gum therewith: cut away with your knife from the edges of your paſte, all thoſe peeces which haue no part of the worke vpon them, and worke them vp with the paſte which remaineth: and if you will make ſawcers, diſhes, bowles, &c. then (hauing firſt driuen your paſte vpon paper, firſt duſted ouer with ſugar to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſawcer, diſh or bowle of a good faſhion, and with your finger preſſe it gently down to the inſides thereof, till it reſemble the ſhape of the diſh: then pare away the edges with a knife, euen with the skirt of your diſh, or ſawcer, and ſet it againſt the fire, till it be dry on the inſide: then with a knife get it out, as they vſe to doe a diſh of butter, and dry the backſide: then gild it on the edges with the white of an egg laid round about

about the brim of the dish with a pensill, and presse the gold downe with some cotton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would haue your paste exceeding smooth, as to make cards and such like conceits thereof, then roule your paste vpon a sliced paper with a smooth and polished rowling pin.

14 *A way to make sugar-plate both of colour and taste of any flower.*

TAke violets, and beat them in a mortar with a little hard Sugar: then put into it a sufficient quantitie of Rose-water: then lay your gum in steep in the water, and so work it into paste: and so will your paste be both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Bugloss, or any other flower.

15. To make paſte of Nouie.

TAke a quarter of a pound of Valentian almonds, otherwiſe called the ſmall almonds of Barbarie almonds, and beat them in a mortar till they come to paſte: then take ſtale manchet being grated, & dry it before the fire in a diſh: then ſift it: then beat it with your almonds: put in the beating of it, a little cinamon, ginger, and the iuice of a lemmon; and when it is beaten to perfect paſte, print it with your moulds, and ſo dry it in an ouen after you haue drawne your bread: this paſte will laſt all the yeer.

16. To make Iumbolls.

TAke half a pound of Almonds beeing beaten to paſte with 2 ſhort cake being grated, and 2 eggs, 2 ounces of carroway ſeeds, beeing beaten

beaten, and the iuice of a Lemmon: and being brought into paſte, roule it into round ſtrings: then caſt it into knots, and ſo bake it in an ouen: and when they are baked, ice them with Roſe-water and Sugar, and the white of an egge being beaten together: then take a feather, and gild them: then put them again into the ouen, and let them ſtand in a little while, and they will bee iced cleane ouer with a white ice: and ſo box them vp, and you may keep them all the yeer.

17 *To make a paſte to keep you moiſt, if you liſt not to drink oft; which Ladies vſe to carry with them when they ride abroad.*

TAke half a pound of Damaske prunes, and a quartern of dates: ſtone them both, and beat them in a mortar with one warden beeing roſted, or elſe a ſlice of old marmelade:

lade: and ſo print it in your molds, and dry it after you haue drawne bread: put Ginger vnto it, and you may ſerue it in at a banquet.

18. *To make a Marchpane.*

TAke two pound of Almonds, being blanched and dryed in a ſiue ouer the fire: beat them in a ſtone mortar; and when they bee ſmall, mix with them two pound of ſugar being finely beaten, adding ij. or iij. ſpoonfuls of Roſe-water, and that will keep your Almonds from oyling. When your paſte is beaten fine, driue it thin with a rowling pin, and ſo lay it on a bottom of wafers: then raiſe vp a little edge on the ſide, and ſo bake it: then yce it with Roſe-water and Sugar: then put it into the ouen again; and when you ſee your yce is riſen vp, & dry, then take it out of the ouen, and garniſh it with

with pretty conceits, as birds and beaſts, beeing caſt out of ſtanding moulds. Stick long comfits vpright in it: caſt biskets and carrowaies in it, and ſo ſerue it: gild it before you ſerue it: you may alſo print off this Marchpane paſte in your molds for banquetting diſhes: and of this paſte our comfitmakers at this day make their letters, knots, Arms, Eſcocheons, beaſts, birds, and other fancies.

19. *To make biſket bread, otherwiſe called French biſket.*

TAke halfe a peck of fine flower, two ounces of coriander ſeeds, one ounce of anni-ſeeds, the whites of foure egges, halfe a pinte of Ale yeaſt, and as much water as will make it vp into ſtiffe paſte; your water muſt be but bloud warm: then bake it in a long roll as big as your thigh: let it ſtay in the ouen but one houre, and when it is a day old,

pare

pare it and ſlice it ouerthwart: then ſugar it ouer with fine powdred ſugar, and ſo dry it in an ouen again: and being dry, take it out, and ſugar it again: then box it, and ſo you may keep it all the yeer.

20. *To make prince-biſket.*

TAke one pound of very fine flower, and one pound of fine ſugar, and eight egges, and two ſpoonfuls of Roſe-water, and one ounce of Carroway ſeeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins of white plate, being baſted with a little butter before you put in your batter, and ſo keep it.

21. *To make another kinde of biſket, called bukettello.*

TAke halfe an ounce of gumme-Dragagant, diſſolued in Roſe-

water

Roſe-water with the juice of a lemmon, and two grains of muſk: then ſtrain it thorow a fair linnen cloth, with the white of an egg: then take halfe a pound of fine ſugar beeing beaten, and one ounce of Carroway ſeeds, being alſo beaten & ſearced: and then beat them all together in a mortar, til they come to paſte: then roule them vp in ſmall loaues about the bignes of a ſmall egge: put vnder the bottome of euery one, a peece of a wafer, and ſo bake them in an ouen vpõ a ſheet of paper: cut them on the ſides, as you do a manchet, and prick them in the midſt: when you break them vp, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three ſtale Manchets, and grate them: dry them, and ſift them thorow a fine ſiue: then adde vnto

vnto them one ounce of Ginger being beaten, and as much Cinamon, one ounce of Liquorice and Anniſeeds beeing beaten together, and ſearced, half a pound of ſugar: then boil all theſe together in a poſnet, with a quart of claret wine, till they come to a ſtiff paſte with often ſtirring of it; and when it is ſtiffe, mould it on a table, and ſo driue it thin, aud put it in your moulds: duſt your moulds with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Ginger-bread vſed at the Court, and in all Gentlemens houſes at feſtiuall times. It is otherwiſe called dry Leach.

23. *To make dry Ginger-bread.*

TAke half a pound of Almonds, and as much grated cake, and a pound of fine ſugar, aud the yolks of two new laid egges, the iuice of a lemmon,

lemmon, and two grains of muſk: beat all theſe together til they come to a paſte: then print it with your moulds: and ſo dry it vpon papers in an ouen, after your bread is drawn.

24 *To make puffe-paſte.*

TAke a quart of the fineſt flower, and the whites of three egges, and the yolks of two. & a little cold water, and ſo make it into perfect paſte: then driue it with a rowling pin abroad: then put on ſmall peeces of butter, as big as nuts, vpon it: then fold it ouer: then driue it abroad again: then put ſmall peeces of butter vpon it, as you did before: doe this ten times, alwaies folding the paſte, and putting butter between euery fold. You may conuey any pretty forced diſh, as Florentin, Cherry-tart, Rice, or Pippins, &c. between two ſheets of that paſte.

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet: then take the yolks of two or three egges, and a pint of cream, & make paſte: put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſewet. In like ſort, when you make ſugar-cakes, bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of Veale, and two calues feet (your calues feet beeing flayed and ſcalded) and boyle them in faire ſpring water: and when they are boyled, ready to eat, you may ſaue your fleſh, and not boyle it to peeces: for, if you doe ſo, the gelly will looke thicke: then take a quart of the cleereſt

of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper, ſix whole cloues, one nutmeg quartered, one graine of muſk: put all theſe whole ſpices in a little bag, and boile them in your gelly: ſeaſon it with foure ounces of ſugar candie, and three ſpoonfuls of Roſe-water; ſo let it run thorow your gelly-bag: and if you mean to haue it looke of an amber colour, bruiſe your ſpices, and let them boil in your gelly looſe.

27. *To make Leach of Almonds.*

TAke half a pound of ſweet Almonds, and beat them in a mortar: then ſtrain them with a pint of ſweet milk from the cow: then put to it one grain of muſk, 2 ſpoonfuls of Roſe-water, two ounces of fine ſugar, the waight of 3 whole ſhillings of Iſinglaſs that is very white,

and

and so boyle them: then let all run thorow a strainer: then may you slice the same, and so serue it.

28. *To make Quidinia of Quinces.*

TAke the kernelles out of eyght great Quinces, and boyle them in a quart of Spring-water, till it come to a pint: then put into it a quarter of a pint of Rose-water, and one pound of fine sugar, and so let it boile till you see it come to be of a deep colour: then take a drop, and drop it on the bottome of a sawcer; and if it stand, take it off: then let it run thorow a gelly-bag into a bason: then set on your bason vpon a chafing-dish of coales, to keep it warm: then take a spoon, and fill your boxes as full as you please; and when they be cold, couer them: and if you please to print it in moulds, you must haue moulds made to the bignes of your box, and wet your moulds with Rose-water, and so let

it run into your mould: and when it is cold, turn it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mulbetries, Raſpis-berries, or any ſuch tender fruit.*

TAke your berries, and grinde them in an Alabaſter Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Roſe-water: and ſo boil it in a poſnet with a little peece of Iſinglaſſe, and ſo let it run thorough a fine cloth into your boxes, and ſo you may keep it all the yeer.

30. *To make paſte of Genua of Quinces.*

TAke Quinees, and pare them, and cut them in ſlices, and bake them

them in an ouen dry in an earthen pot, without any other juyce than their owne: then take one pound thereof: ſtrain it, and put it into a ſtone mortar with half a pound of ſugar; and when you haue beaten it vp to paſte, print it in your moulds, and dry it three or foure times in an ouen after you haue drawne bread: and when it is thorowly dry and hardned, you may box it, and it will keep all the yeer.

31. *To make Marmelade of Quinces or Damſons.*

WHen you haue boyled your Quinces or Damſons ſufficiently, ſtraine them: then dry the pulp in a pan on the fire; and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mix two pound of ſugar with three pound of pulpe: this marmelade will bee white marmelade: and if you deſire to haue it looke with

with an high colour: put your ſugar and your pulp together ſo ſoon as your pulp is drawne, and let them both boile together, and ſo it will look of the colour of ordinary marmelade, like vnto a ſtewed warden; but if you dry your pulp firſt, it will look white, and take leſſe ſugar: you ſhall know when it is thick enough, by putting a little into a ſawcer, letting it coole before you box it.

32. *To make ſucket of Lettuce ſtalks.*

TAke Lettuce ſtalkes, and pill away the outſide: then perboile them in faire water: then let them ſtand all night dry: then take halfe a pint of the ſame liquour, and a quarter of a pint of Roſe-water, and ſo boyle it to ſirup: and when your ſirup is betwixt hot and cold, put in your aforeſaid roots, and let them ſtand all night in your ſirup to make them take ſugar, and then the

next day your ſirup will bee weake again: then boile it again, and take out your roots. In the like ſort may you keep Orenge-pils, or greene Walnuts, or any thing that hath the bitterneſs firſt taken from it, by boiling in water.

33. *To candie Nutmegs or Ginger with an hard rock-candy.*

TAke one pound of fine ſugar, and eight ſpoonfuls of Roſe-water, and the waight of ſix pence of Gum Arabique, that is cleere: boyle them together to ſuch an height, as that, dropping ſome ther-of out of a ſpoon, the ſirup doe rope and runne into the ſmalneſſe of an haire: then put it into an earthen pipkin; wherein place your Nut-megs, Ginger, or ſuch like: then ſtop it cloſe with a ſawcer, and lute it well with clay, that no aire may enter: then keep it in a hot place three weeks, and it will candy hard.

You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candy Orenges or Lemmons in like ſort, if you pleaſe.

34. *To preſerue Orenges, after the Portugall faſhion.*

TAke Orenges and coare them on the ſide, and lay them in water: then boil them in fair water till they be tender: ſhift them in the boiling, to take away their bitterneſſe; then take ſugar and boile it to the height of ſirup as much as will couer them, & ſo put your orenges into it, & that will make them take ſugar. If you haue 24. Orenges, beate 8. of them, till they come to paſte, with a pound of fine ſugar; then fill euery one of the other orenges with the ſame, & ſo boyle them againe in your ſirup: then there will be marmelade of Orenges within your Orenges, & it wil cut like an hard egg.

35. *To candy Orenge pills.*

TAke your Orenge pills, after they be preſerued: then take fine Sugar and Roſewater, & boyle it to the height of *Manus Chriſti*: then draw thorow your Sugar: then lay them on the bottome of a ſieue, and dry them in an Ouen after you haue drawne bread, and they will be candied.

36. *To preſerue Cowcumbers all the yeare.*

YOu may take a gallon of faire water, and a pottle of verjuyce, and a pinte of bay ſalt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold put it into a Barrell, and then put your Cowcumbers into that pickle, and you ſhall keepe them all the yeare.

37. *To preserue broom-capers all the yeer.*

BOile a quart of verjuce, and an handfull of bay salt, and therein you may keep them all the yeer.

38. *To colour sugar-plate with seuerall colours.*

YOu may mix Roset with your fine searced sugar vntil the colour please you, and so shall you haue a faire murrey colour. Sap-green must bee tempred in a little Rose-water, hauing some gumme first dissolued therein, and so lay it on with a pensill vpon your paste in apt places. With saffron you may make a yellow colour in the like manner, first drying and powdering your saffron, and after it hath coloured the Rose-water sufficiently, by strayning it thorough fine linnen. The powder of Cinamon

mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39. *To make Troſſes for the Sea.*

FIrſt, make paſte of ſugar & gum dragagant mixed together, then mixe therewith a reaſonable quantitie of the powder of cinamon and Ginger, and, if you pleaſe, a little Muske alſo, and make it vp into roules of ſeuerall faſhions, gilding them heere and there. In the ſame manner you may alſo conuey anie purgatiue, vomit, or other medicine into Sugar paſte.

40. *To make paſte of Violets, Roſes, Marigolds, Cowſlips, or Liquorice.*

SHred, or rather powder, the dry leaues of your flower, putting thereunto ſome fine powder of Ginger and cinamon, and a little muske if you pleaſe: mixe them all

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confuſedly together: then diſſolue ſome Sugar in Roſewater, and being boiled a little, put ſome Saffron therein, if you worke vpon Marigolds; or elſe you may leaue out your Saffron: boyle it on the fire vnto a ſufficient height. You muſt alſo mixe therewith the pap of a roaſted apple, being firſt well dryed in a diſh ouer a Chafing-diſh of coals; then poure it vpon a trencher, being firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome Sugar-candy ſmall, but not to powder, and with gumme dragagant: faſten it heere and there to make it ſeeme as if it were roch candied: cut the paſte into peeces of what faſhion you liſt, with a knife firſt wet in Roſewater. In liquorice paſte you muſt leaue out the pap of the pippin, and then work your paſte into dry roules Remember to ſearce the Liquorice thorow a fine Searce. Theſe roules

are

are verie good againſt anie cough or colde.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten Lemmons or Orenges, & boyl them with halfe a dozen pippins, and ſo draw them thorow a ſtrainer: then take ſo much Sugar as the pulp doth wey, and boyle it as you doe Marmelade of Quinces, and then boxe it vp.

42. *How to candy Nutmegs, Ginger, Mace, and flowers, in half a day, with hard or roch candy.*

LAy your Nutmegs in ſteepe in common Lee, made with ordinarie aſhes, 24. houres; take them out and boyle them in fayre water till they be tender, and ſo take out the Lee: then dry them, and make a ſirup of double refined Sugar, and a little Roſe-water, to the height of

confuſedly together: then diſſolue ſome Sugar in Roſewater, and being boiled a little, put ſome Saffron therein, if you worke vpon Marigolds; or elſe you may leaue out your Saffron: boyle it on the fire vnto a ſufficient height. You muſt alſo mixe therewith the pap of a roaſted apple, being firſt well dryed in a diſh ouer a Chafing-diſh of coals; then poure it vpon a trencher, being firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome Sugar-candy ſmall, but not to powder, and with gumme dragagant: faſten it heere and there to make it ſeeme as if it were roch candied: cut the paſte into peeces of what faſhion you liſt, with a knife firſt wet in Roſewater. In liquorice paſte you muſt leaue out the pap of the pippin, and then work your paſte into dry roules Remember to ſearce the Liquorice thorow a fine Searce, Theſe roules

are

are verie good againſt anie cough or colde.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten Lemmons or Orenges, & boyl them with halfe a dozen pippins, and ſo draw them thorow a ſtrainer: then take ſo much Sugar as the pulp doth wey, and boyle it as you doe Marmelade of Quinces, and then boxe it vp.

42. *How to candy Nutmegs, Ginger, Mace, and flowers, in half a day, with hard or roch candy.*

LAy your Nutmegs in ſteepe in common Lee, made with ordinarie aſhes, 24. houres; take them out and boyle them in fayre water till they be tender, and ſo take out the Lee: then dry them, and make a ſirup of double refined Sugar, and a little Roſe-water, to the height of

of a *manus Christi*: place this sirup in a gentle Balneo, or some small heate, putting your Nutmegs into the sirup. Note, that you must skim the sugar, as it casteth anie skumme, before you put in your Nutmegs; then, hauing Sugar-candy first bruised grossely, and searced thorough colanders of seuerall bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon cleane paper: then stoue your Nutmegges in a cupboard with a Chafingdish of coales, which must be made hote of purpose, before you set them in: and when they are dry enough, dip them againe in fresh sirup, boyled to his height, as before, and roule them in the grosser Sugar-candy, & then stoue them againe till they be hard, and so the third time if you will increase their candie. Note, that you must spend all the Sugar which your dissolue at one time with candying of one thing or other, there-

therein preſently. The ſtronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in ſteep in the lee, 10. or 12. dayes, and after in the ſirup of Sugar in a ſtoue or cupboard, with a chafingdiſh and coales, one whole weeke, and then you may candie them ſuddendenly, as before. Flowers and fruits are done preſently, without any ſuch ſteeping or ſtouing as before: only they muſt be put into the ſtoue after they are coated, with your powdered Sugar-candie. And thoſe flowers of fruits, as they are ſuddenly done, ſo they will not laſt aboue two or three dayes faire, and therefore onely to be prepared for ſome ſet Banquet.

34. *Caſting of Sugar in parte moulds of wood.*

LAy your moulds in faire water three or foure houres before you

you cast, then drie vp your inward moysture with a cloth of Linnen, then boile rosewater and refined suger together, but not to anie great stiffenesse; then poure it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you haue cast. You may also worke the paste *antenumero*, 12. 13. into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mould together, two or three times, and after take away the creast that will arise in the middest. And to make the sides to cleaue together, you may touch them first ouer with gumme dragagant dissolued, before you presse the sides of the mould together. Note, that you may conuey Comfits within, before you close the sides. You may cast of any

anie of theſe mixtures or paſtes in Alabaſter moulds, molded from the life.

44. *To mould of a Lemmon, Orenge, Peare, Nut, &c. and after to caſt it hollow within, of Sugar.*

FIll a wooden platter halfe full of ſand, then preſſe downe a Lemmon, Peare, &c. therein to the juſt halfe thereof: then temper ſome burnt Alabaſter with faire water, in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boule, & caſt this pap into your ſand; and from thence clap it vpon the Lemmon, Peare, &c. preſsing the pap cloſe vnto it. Then after a while take out this halfe part with the Lemmon in it, and pare it euen in the inſides, as neere as you can, to make it reſemble the juſt halfe of your Lemmon, then make 2. or 3 little holes in the half (viz. in the edges therof) laying it downe in the ſand againe, and ſo caſt

caſt another halfe vnto it, then cut off a peece of the top of both your partie moulds, & caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape, till you haue cauſe to vſe them: and before you caſt, lay them alwayes in water, and dry vp the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſewater. Vſe your Sugar in this manner: Boile refined or rather double refined Sugar and Roſewater to his full height, viz. till by powring ſome out of a ſpoone, it will run at the laſt as fine as a haire: then taking off the cappe of your mould, poure the ſame therein, filling vp the mould aboue the hole, and preſently clap on the cappe, and preſſe it downe vpon the Sugar; then ſwing it vp and downe in your hande, turning it round, and bringing the neather part ſome-

times to bee the vpper part in the turning, and *è conuerſo*. This is the manner of vſing an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will be, being molded, then roule it, and turn it vp and down long-waies in the aire.

45. *How to keep the dry pulp of cherries, prunes, damſons, &c. all the yeer.*

YOu may take of thoſe kinde of cherries that are ſharp in taſte (*Quare* if the common black & red cherrie will not alſo ſerue, hauing in the end of the decoction a little oyle of Vitrioll or Sulphur, or ſome verjuice of ſowre grapes, or juice of lemmons mixed therewith, to giue a ſufficient tartneſſe): pull off their ſtalks, and boil them by themſelues, without the addition of any liquour in a caldron or pipkin; and when they begin once to boile in their owne

owne juice, ſtirre them hard at the bottom with a ſpattle, leſt they burn to the pann's bottom. They haue boyled ſufficiently, when they haue caſt off all their skins, and that the pulp and ſubſtance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then diuide the ſtones and skins, by paſſing the pulpe onely thorow the bottome of a Strainer reuerſed, as they vſe in *caſsia fiſtula*; then take this pulpe, and ſpread it thin vpon glazed ſtones or diſhes, and ſo let it dry in the Sunne, or elſe in an Ouen, preſently after you haue drawn your bread: then looſe it from the ſtone or diſh, and keepe it to prouoke the appetite, and to coole the ſtomacke, in Feuers and all other hote diſeaſes. Proue the ſame in all manner of fruite. If you feare aduſtion in this worke, you may finiſh it in hote Balneo.

46. *How to dry all manner of plums or Cherries in the Sunne.*

IF it be a ſmall fruite, you muſt dry them whole, by laying them abroad in the hote Sunne, in ſtone or pewter diſhes, or iron or braſſe pans turning them as you ſhall ſee cauſe But if the plum be of anie largenes, ſlit each plum on the one ſide, from the top to the bottome, and then lay them abroad in the Sunne: but if they be of the biggeſt ſort, then giue eyther plum a ſlit on each ſide; and if the Sunne doe not ſhine ſufficiently during the practice, then dry them in an Ouen that is temperately warme.

47. *How to keep Apples, Pears, Quinces, Wardens, &c. all the yeare, dry.*

PAre them, take out the coares, and ſlyce them in thinne ſlyces, lay-

laying them to dry in the Sunne in ſome ſtone or metalline diſhes, or vpon a high Frame couered with coorſe canuas, now and then turning them: and ſo they will keep all the yeer.

48. *To make green ginger vpon ſirup.*

TAke Ginger one pound: pare it clean: ſteep it in red wine and vinegar equally mixed: let it ſtand ſo xij. daies in a cloſe veſſell, and euery day once or twice ſtir it vp and down: then take of wine one gallon, and of vinegar a pottle: ſeethe all together to the conſumption of a moity or half: then take a pottle of clean clarified honey, or more, and put thereunto, and let them boyle well together: then take halfe an ounce of ſaffron finely beaten, and put it therto, with ſome ſugar if you pleaſe.

49. *To make ſucket of green Walnuts.*

TAke Walnuts when they are no bigger than the largeſt haſell nut: pare away the vppermoſt green, but not too deep: then ſeeth them in a pottle of water, till the water be ſodden away: then take ſo much more of freſh water; and when it is ſodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified hony.

50. *To make conſerue of Damſons.*

TAke ripe Damſons: put them into ſcalding water: let them ſtand awhile: then boile them ouer the fire till they break: then ſtraine out the water thorow a colander, and let them ſtand therein to coole: then ſtrain the Damſons thorough the colander, taking away the ſtones and

and skinnes: then set the pulp ouer the fire againe, and put thereto a good quantity of red wine, and boil them well to a stiffenesse, euer stirring them vp and down; and when they bee almost sufficiently boyled, put in a conuenient proportion of sugar: stirre all well together, and after put it in your gally-pots.

51. *To make conserue of Straw-berries.*

FIrst, seethe them in water, and then cast away the water, and straine them: then boile them in white wine, and work as before in damsons; or else strain them beeing ripe: then boile them in wine and sugar till they be stiffe.

52. *Conserue of Prunes or Damsons made another way.*

TAke a pottle of damsons: prick them, and put them into a pot, putting

putting thereto a pint of Roſe-water or wine, and couer your pot: let them boile well: then incorporate them by ſtirring; and, when they be tender, let them coole, and ſtraine them with the liquor alſo: then take the pulp, and ſet it ouer the fire, and put thereto a ſufficient quantity of ſugar, and boil them to their height or conſiſtency, and put it vp in gally pots or jarre-glaſſes.

53. *How to candy Ginger, Nutmegs, or any root or flowers.*

TAke a quarter of a pound of the beſt refined ſugar, or ſugar-candy, which you can get: powder it: put thereto two ſpoonfalls of Roſe-water: dip therein your Nutmegs, Ginger, roots, &c. being firſt ſodden in faire water till they bee ſoft and tender: the oftner you dip them in your ſirup, the thicker the candie will bee, but

but it will bee the longer in candying: your ſirup muſt be of ſuch ſtiffnes, as that a drop thereof, being let fall vpon a pewter-diſh, may congeale and harden being cold. You muſt make your ſirup in a chafing diſh of coales, keeping a gentle fire. After your ſirup is once at his full height, then put them vpon papers preſently into a ſtoue, or in diſhes: continue fire ſome tenne or twelue dayes, till you finde the candy hard, and gliſtering like diamonds: you muſt dip the red roſe, the gilly flower, the marigold, the borrage flower, and all other flowers but once.

24. *The art of comfet-making, teaching how to couer all kindes of ſeeds, fruits or ſpices with ſugar.*

FIrſt of all you muſt haue a deep bottomed baſon of fine cleane braſſe or latton, with two eares of Iron to hang it, with two ſeuerall cords

cords ouer a baſon or earthen pan with hote coales.

You muſt alſo haue a broad pan to put aſhes in, and hot coales vpon them.

You muſt haue a clean latton baſon to melt your ſugar in, or a faire braſen skillet.

You muſt alſo haue a fine braſen ladle, to let run the ſugar vpon the ſeeds.

You muſt alſo haue a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if neede require.

Hauing all theſe neceſſarie veſſels and inſtruments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you neede not to clarifie it, but beate it only into fine powder, that it may diſſolue the ſooner.

But firſt make all your ſeeds very cleane, and dry them in your hanging baſon.

Take, for euery two pound of ſugar, a quarter of a pound of Annis-ſeeds, or Coriander-ſeeds, and your comfits will bee great enough: and if you will make them greater, take halfe a pound more of ſugar, or one pound more, and then they will be faire and large.

And half a pound of Annis ſeeds, with two pound of ſugar, will make fine ſmall comfits.

You may alſo take a quarter and a halfe of Annis-ſeeds, and three pound of Sugar, or halfe a pound of Annis-ſeeds, and foure pound of Sugar. Do the like in Coriander-ſeeds.

Melt your Sugar in this manner: *viz.* Put three pounds of your powder-ſugar into the Baſon, and one pinte of cleane running water thereuuto: ſtirre it well with a brazen ſlice, vntill all be moiſt and well wet: then ſet it ouer the fire, without ſmoke or flame, and melt it well, that there bee no whole griſtie

griſtie ſugar in the bottome, and let it ſeethe mildely, vntill it will ſtreame from the Ladle like Turpentine, with a long ſtreame, and not drop: when it is come to his decoction, let it ſeethe no more, but keep it vpon hot imbers, that it may run from the Ladle vpon the ſeeds.

To make them ſpeedily, let your water be ſeething hot, or ſeething, and put powder of Sugar to them: caſt on your Sugar boiling hote: haue a good warme fire vnder the hanging Baſon.

Take as much water to your Sugar, as will diſſolue the ſame.

Neuer skim your ſugar, if it bee clean and fine.

Put no kind of ſtarch or Amylum to your ſugar.

Seeth not your Sugar too long: for, that will make it black, yellow, or tawnie.

Mooue the ſeeds in the hanging baſon as faſt as you can or may,

when the ſugar is in caſting.

At the firſt coate put on but one halfe ſpooneſull with the ladle, and all to moue the baſon, moue, ſtirre and rubbe the ſeedes with thy left hand a pretty while, for they will take ſugar the better, and drie them well after euery coate.

Doe this at euery coat, not only in mouing the baſon, but alſo with the ſtirring of the cõfits with the left hand and drying the ſame: thus dooing you ſhall make good ſpeed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increaſe in greatnes, ſo you may take more Sugar in your ladle to caſt on. But for plaine comfits, let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, euen as high as it may runne from

from the ladle, and let fall a foot high or more from the ladle, and the hotter you caſt in your ſugar, the more ragged will your comfets bee. Alſo the comfets will not take ſo much of the ſugar as they will vpon a light decoction, and they will keepe their raggedneſſe long. This high decoction muſt ſerue for eight or ten coates in the ende of the worke, and put on at euery time but one ſpoonefull, and haue a light hand with your baſon, caſting on but little ſugar.

A quarter of a pound of Coriander ſeeds, and three pound of ſugar will make great, huge, and big comfets.

See that you keepe your Sugar alwaies in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar bee at any time too high boyled, put in a ſpoonefull or two of water, and keepe it warily with the ladle, and let your fire alwaies bee without

ſmoke or flame.

Some commend a Ladle that hath a hole in it to let the ſugar run thorow of a height: but you may make your comfits in their perfect forme and ſhape, onely with a plain Ladle.

When your comfits be made, ſet your diſhes with your comfits vpon papers in them, before the heat of the fire, or in the hot Sunne, or in an Ouen after the bread is drawne, by the ſpace of an houre or two: and this will make them to be very white.

Take a quarter of a pound of Annis-ſeeds, and two pound of Sugar, and this proportion will make them very great: and euen a like Quantity take of Carroway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſtickes beeing dry, and beware you wet it not: for, that deadeth the Cinamon,

mon: And then worke as in other comfits. Doo this with Orenge-rindes likewise.

Work vpon Ginger, Cloues, and Almonds, as vpon other seeds.

The smaller that Annis seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske, dissolued in a little water, one scruple: mingle these all together in the hanging Bason, and cast them vpon Sugar of a good decoction. Then, with thy left hand, mooue it to and fro, and dry it well: doo this often, vntill they bee as great as Poppie-seeds; and giue, in the end, three or foure coats of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crisp.

You must haue a coorse searce made for the purpose with haire, or with parchment full of holes, to

part and diuide the comfets into ſeuerall ſorts.

To make paſte for comfets. Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, of fine ginger powder one dramme, ſaffron powder, a little; white ſugar two ounces, and a fewe ſpoonfuls of borrage water, ſeeth the water and the ſugar together, and put to the Saffron, then firſt mingle the crummes of bread, and the ſpices well together, drie them, put the liquor ſcalding hote, vpon the ſtuffe, and beeing hote, labour it with thy hand, and make balles or other formes thereof, dry them and couer them as comfets.

Coriander ſeeds two ounces, ſugar one pound and a halfe, maketh very faire comfets.

Annis ſeedes three ounces, Sugar halfe a pound, of annis ſeedes two ounces, & ſugar 6. ounces, will make faire comfits.

Euerie dram of fine Cinamon, will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce wil take at the leaſt a pound of ſugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the ſugar a little Amylum diſſolued for fiue or ſix of the leaſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or ſtarch to the comfits which you would haue criſpe, it will make them flat and ſmooth.

In any other confection of paſted ſugar mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammie.

To make red comfits, ſeeth three

or foure ounces of brazel with a little water: take of this red water 4 spoonfuls; of sugar, one ounce, and boil it to his decoction: then giue 6 coats, and it will bee of a good colour; or else you may turne so much water with one dramme of turnsole, doing as before.

To make green comfits, seethe sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwayes when the water dooth seethe, then put in your sugar powder, and let it seethe a little, vntill it bee cleane dissolued and boiled to his perfect decoction, and that the whitenes of the colour be cleane gon: and if you let it settle, you shall see the Sugar somewhat clere.

For biskets, take two spoonfuls of liquor; of sugar, searced in a coorse search, one dram; and of Sugar-powder to bee moist and cast, one ounce. This done, will make the biskets

biskets ſomewhat faire, and ſomewhat greater than Poppy-ſeeds.

Aliter. Take ſugar-powder, foure drams; ſugar to caſt, foure ounces, with liquor ſufficient: lay gold or ſiluer on your comfits.

Euery dram of ſugar-powder wil take an ounce of ſugar to bae caſt: 8 drams make one ounce. To thus much powder for biskets, take halfe a pound of ſugar to caſt thereon.

Coriander-ſeeds, a quarter of a pound; ſugar, 3 pound; Coriander-ſeeds, half a pound; ſugar, 3 drams, will make faire comfits.

For biskets, Annis-ſeeds, half a pound; Fennell-ſeeds, a quarter of a pound; and ſugar, two pound ſufficeth.

In ſix or eight of the laſt coats, put in two ſpoonfuls of ſugar very hot, to make them criſp.

To one pound of ſugar, take 5 ounces of water.

55. To make a cullis as white as ſnow, and in the nature of gelly.

TAke a cocke, ſcalde, waſh and drawe him cleane, ſeeth it in white wine or reniſh wine: Scum it cleane, clarifie the broth after it is ſtrained, then take a pint of thicke & ſweet cream, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take powdred ginger, fine white ſugar & Roſewater, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. To make wafers.

TAke a pint of flower, put into it a little creame with two yolkes of egs and a little Roſewater, with a little ſcarced Cinamon & ſugar, worke them all together, and bake the paſte vpon hot Irons.

57. To make Almond butter.

BLanch your almonds, and beat thē as fine as you can with faire water, two or three houres, then ſtrain them through a linnen cloth, boile them with Roſewater, whole mace and annis ſeeds, till the ſubſtance be thicke: ſpread it vpon a faire cloth, dreining the whey from it, after let it hang in the ſame cloth ſome few houres, then ſtrain it and ſeaſon it with Roſewater and ſugar.

58. A white gelly of Almonds.

TAke Roſewater, gumme Dragagant diſſolued, or Iſinglaſſe diſſolued, and ſome Cinamon groſſely beaten, ſeeth them all together, then take a pound of almonds, blanch and beate them fine with a little faire water, drie them in a faire cloth: and put your

your water aforeſaid into the Almonds, ſeethe them together and ſtir them continually, then take them from the fire, when all is boiled to a ſufficient height.

59. To make Leach.

SEeth a pint of Creame, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it till it bee verie thicke, then take a handfull of blanched Almondes, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60. Sweet Cakes without either ſpice or ſugar.

SCrape or waſh your Parſneps cleane, ſlice them thinne, dry them vpon Canuas or networke frames, beat them to powder, mixing one third thereof with two thirds

thirds of fine wheate flower: make vp your paste into coates and you shall finde them very sweete and delicate.

61. *Roses and Gilliflowers kept long.*

COuer a Rose that is fresh, and in the bud, and gathered in a faire daie after the dewe is ascended, with the whites of egges well beaten, and presently strew thereon the fine powder of searced Sugar, and put them vp in luted pots, setting the pots in a cool place in sand or grauell: with a fillip at any time you may shake off this inclosure.

62. *Grapes growing all the yeare.*

PVT a Vine stalk thorow a Basket of earth in December, which is likelie to beare Grapes, that

that yeare, and when the grapes are ripe, cut off the ſtalke vnder the baſket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time vpon the vine.

63 *How to drie Roſe-leaues, or any other ſingle flowre without wrinkling.*

IF you would performe the ſame wel in roſe leaues, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe haue the ſmoothest leaues of all other) which you muſt eſpecially cull and chuſe from the reſt: then take right Callis ſād, waſh it in ſome change of waters, and drie it throughly well, either in an ouen, or in the ſunne; and hauing ſhallow, ſquare or long boxes of 4. 5 or 6. inches deepe, make firſt an euen lay of ſand in the bottom, vpō which

which lay your Roſeleaues one by one (ſo as one of them touch other) till you haue couered all the ſand, then ſtrowe ſand vpon thoſe leaues, till you haue thinly couered them all, & then make another laie of leaues as before, and ſo laie vpon lay, &c. Set this box in ſome warme place in a hot ſunny daie, (and commonly in two hot ſunnie daies they will bee thorow drie) then take them out carefully with your hand without breaking. Keepe theſe leaues in Iarre glaſſes, bound about with paper, neere a chimney, or ſtoue, for feare of relenting. I finde the red Roſe leafe beſt to be kept in this manner; alſo take away the ſtalkes of panſies, ſtocke gilliflowers, or other ſingle flowers, pricke them one by one in ſande, preſſing downe their leaues ſmooth with more ſande laid euenly vpon them. And thus you may haue Roſe leaues, and other flowers to laie about your ba-

baſons, windows, &c. all the winter long. Alſo this ſecret is very requiſite for a good ſimplifier, becauſe he may dry the leaf of any herb in this manner: and lay it being dry in his Herbal with the ſimple which it repreſenteth, whereby he may eaſily learne to knowe the names of all ſimples which he deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of Grapes, hanging vpon lines within a cloſſe Preſſe, will laſt till Eaſter. If they ſhrink, you may plump them vp with a little warme water before you eat them. Some vſe to dip the ends of the ſtalks firſt in pitch: ſome cut a branch of the Vine with euerie cluſter, placing an Apple at each end of the branch, now and then renewing thoſe Apples as they rot; and after, hanging them within a Preſs or Cupboard, which would

wold ſtand in ſuch a room (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt bee forced now & then to make a gentle fire in the roome, or elſe the grapes will rot and periſh.

65. *How to keep Walnuts a long time plumpe and freſh.*

MAKE a lay of the drie ſtampings of crabs when the verjuice is preſſed from them, couer that lay with Walnuts, & vpon thē make another lay of ſtampings, & ſo one lay vppon another till your veſſel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit vpon the kernels of drie Walnuts.*

GAther not your Walnuts before they be full ripe, keep thē without

and any art vntill Newyeeres tide, then breake the ſhelles carefully, ſo as you deface not the kernels: (and therfore you muſt take choiſe of ſuch nuts as haue thin ſhels) whatſoeuer you find to come away eaſily, remoue it: ſteep theſe kernels in conduit water, forty eight hours, then will they ſwell and grow verie plumpe and faire, and you may pill them eaſily, and preſent them to any friend you haue for a Newyeers gift: but being pilled, they muſt bee eaten within two or three houres, or elſe they loſe their whiteneſs and beautie, but vnpilled they will laſt two or three daies faire and freſh. This of a kinde Gentlewoman, whoſe skil I doe highly commend, and whoſe caſe I doe greatly pitie; ſuch are the hard fortunes of the beſt wits and natures in our daies.

67. *How to keepe Quinces in a moſt excellent manner.*

Make

MAKE choiſe of ſuch as are ſound, and gathered in a faire, dry and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then couer them with pennie ale, & ſo let them reſt: and if the liquor carrie any bad ſcum, after a day or two take it off: euery 10. or 12. dayes let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole, and fill it vp againe with freſh pennie ale: you may haue as much for two pence at a time as will ſerue for this purpoſe. Theſe Quinces being baked at Whitſontide, did taſte more daintily then any of thoſe which are kept in our vſuall decoctions or pickles.

Alſo if you take white wine Lees that are neat (but then I feare you muſt get them of the Marchant, for your Tauernes doe hardly affoord any) you may keepe your Quinces in them very faire and freſh all the yeare, and therein may you

you alſo keepe your barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranats as are ſound and not prickt as they tcarme it, lap them ouer thinly with wax, hang them vpon nailes, where they may touch nothing, in ſome cupboard or cloſet in your bedchamber, where you keepe a continuall fire, and euery 3. or 4 dayes turne the vnder ſides vpper moſt: and therefore you muſt ſo hang them in packthred, that they may haue a bow knot at oither end. This way Pomgranates haue beene freſh till Whitſontide.

69. *Preſeruing of Artichokes.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple; and of all the reſt of the ſtalkes make a ſtrong decoction,

tion, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction: when you ſpend them, you muſt lay them firſt in warme water, and then in colde, to take away the bitterneſs of them. This of M. *Parſons*, that honeſt and painefull Practicer in his profeſſion.

In a milde and warm winter, about a moneth or three weeks before Chriſtmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtalkes in their full length as they grew: and, making firſt a good thicke Lay of Artichoke-leaues in the bottome of a great and large veſſell, I placed my Artichokes, one vpon another, as cloſe as I could couch them, couering them ouer, of a pretty thickeneſſe with Artichoke-leaues: theſe Artichokes were ſerued-in at my Table all the Lent after, the apples being red and ſound, onely the tops of the leaues a little vaded, which

I did cut away.

70. Fruit preſerued in pitch.

DWayberries that doe ſomewhat reſemble blacke cherries, called in Latine by the name of *Solanū lathal*, being dipped in molten pitch, being almoſt cold, & before it cōgeale and harden againe, and ſo hung vp by their ſtalkes, will laſt a whole yeare. *Probat. per* M. *Parſons*, tht Apothecary. Proue what other fruits will alſo bee preſerued in this manner.

71. To make Cloue or Cinamon Sugar.

LAy pieces of ſugar in cloſe boxes amongſt ſticks of Cinamon-cloues, &c. and in a ſhort time it will purchaſe both the taſt and ſent of the ſpice. *Probat.* in cloues.

72. Haſell

72. *Haſell Nuts kept long.*

A Man of great yeares & experience aſſured me, that Nuts may be kept a long time with ful kernels by burying them in earthen pottes well ſtopt a foot or two in the ground: they keep beſt in grauellie or ſandy places. But theſe nuts I am ſure will yeeld no oile as other nuts will, that wax drie in the ſhels with long keeping.

73. *Cheſnuts kept all the yeare.*

After the bread is drawn, diſperſe your Nuts thinly ouer the bottome of the Ouen, and by this meanes the moiſture beeing dryed vp, the Nuts will laſt all the yeare: if at any time you perceiue them to relent, put them into your Ouen again, as before.

Secrets in Distillation.

1. *How to make true spirit of wine.*

TAke the finest paper you can get, or else some Virgin-parchment; straine it verie right & stiffe ouer the glasse bodie, wherein you put your Sack, Malmsie or Muskadine; oyle the paper or Virgin parchment with a pensill, moistened in the oyle of Ben, and distill it in Balneo with a gentle fire, and by this meanes you shall purchase only the true Spirit of Wine. You shall not haue aboue two or three ounces at the most out of a gallon of Wine, which ascendeth in the forme of a cloud, without anie dew or veines in the helme: lute all

all the ioints well in this distillation. This Spirit will vanish in the ayre, if the glasse stand open.

2. How to make the ordinary Spirit of Wine that is sold for fiue shillings and a noble a pinte.

PVt Sacke, Malmesie, or Muskadine into a glasse bodie, leauing one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may proue now and then, by setting a spoonefull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn haue any phlegme therin, then rectifie or rediftil that spirit againe in a lesser body, or in a bolt receiuer in sted of another body, luting a small head on the top of the

steele thereof, & so you shall haue a very strong spirit: or else for more expedition, distill 5 or 6 gallons of wine by Limbecke; and that spirit, which ascendeth afterward, redistil in glasse as before.

3. *Spirits of spices.*

DIstil with a gentle heat either in Balneo, or ashes, the strong and sweet water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Iuniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

4. *Spirit of wine, tasting of what vegetable you please.*

MAcerate Rosemary, Sage, sweet Fennell seeds, Marioram, Lemmon or Orenge pils, &c. in

in spirit of wine a day or two, and then distill it ouer again, vnless you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. *How to make the water which is vsually called Balme-water.*

TO euery gallon of Claret wine put one pound of green balme. Keep that which commeth first, and is cleerest, by it selfe: and the second & whiter sort, which is weakest & commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasse pot. Draw this in May or Iune, when the herb is in his prime.

6. *Rosa-solis.*

TAke of the hearbe Rosa-solis, gathered in Iulie one gallon,

pick out all the black moats from the leaues; Dates, halfe a pound; Cinamon, Ginger, Cloues, of each one ounce; grains, half an ounce; fine Sugar, a pound and a half; red Rose-leaues, green or dryed, foure handfuls: steep all these in a gallon of good Aqua Composita, in a glass close stopped with wax, during twenty daies: shake it well together once euery two daies. Your Sugar must be powdred, your spices bruised onely, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three grains of Amber-greece, and as much Musk, in your glasse, among the rest of the Ingredients, it will haue a pleasant smell. Some adde the Gum Amber, with corall and pearle finely powdred, and fine leaf-gold. Some vse to boile Ferdinando buck in Rose-water, till they haue purchased a faire, deep, crimsin colour: and when the same is cold, they colour their Rosa-solis

and

and Aqua Rubea therewith.

7. Aqua Rubea.

TAke of Musk six grains: of Cinamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, & bruise the spices grosly: binde them vp in a clean linnen cloth, and put them to infuse in a gallon of Aqua composita, in a glasse close stopt twenty foure hours, shaking them together diuers times: then put thereto of Turnsole one dramme: suffer it to stand one houre, and then shake all together: then, if the colour like you after it is settled, poure the cleerest forth into another glasse: but if you wil haue it deeper coloured, suffer it to work longer vpon the Turnsole.

8. D. Steuens *Aqua composita.*

TAke a gallon of Gascoin wine, of Ginger, Galingale, Cinamō, Nutmegs and graines, Annis seeds, Fennell seeds, and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosmary, wild Thyme, Camomil, Lauender, of each a handfull: bray the spices small, and bruise the herbs, letting them macerate 12. houres, stirring it now & then, then distil by a Limbecke of pewter, keeping the first cleare water that commeth, by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from euery gallon of wine.

9. *Vsque-bath or Irish Aqua-vita.*

TO euery gallon of good Aqua composita, put two ounces of choſen

choſen liquorice bruiſed, and cut into ſmall peeces, but firſt cleanſed from all his filth, and two ounces of Annis ſeedes that are clean and bruiſed: let them macerate fiue or ſixe daies in a wooden veſſell, ſtopping the ſame cloſe, and then draw off as much as will runne cleere, diſſoluing in that cleere Aqua vitæ fiue or ſixe ſpoonefulls of the beſt Malaſſoes you can get: Spaniſh Cute, if you can get it, is thought better than Malaſſoes; then put this into another veſſell; and after three or foure daies (the more the better) when the liquor hath fined it ſelfe, you may vſe the ſame: ſome adde Dates and Raiſins of the Sun to this receipt; thoſe grouds which remaine you may rediſtill, & make more Aqua compoſita of them, and of that Aqua compoſita you maie make more Vſque bath,

10. Cinamon water.

HAuing a Copper bodie or Brasse pot that will hold xij. gallons, you may well make ij. or iij. gallons of cinamon water at once. Put into your body ouernight vj. gallons of conduit water, and two gallons of Spirit of wine, or, to saue charge, two gallons of Spirit drawne from Wine lees, Ale, or lowe Wine, six pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Lymbeck, and begin with a good fire of wood and coales, til the vessel begin to distill; then moderate your fire, so as your pype may drop apace, and runne trickling into the Receiuer, but blow not at anie time. It helpeth much heerein to keepe the water in the Bucket not too hote, by often change thereof: it must neuer

neuer be ſo hote, but that you may well endure your finger therein. Then diuide into quart glaſſes the Spirit which firſt aſcendeth, and wherein you finde eyther no taſte, or verie ſmall taſte of the Cinamon, then may you boldly after the Spirit once beginneth to come ſtrong of the Cinamon, draw vntill you haue gotten at the leaſt a gallon in the Receiuer, and then diuide often by halfe pintes and quarters of pintes, leſt you drawe too long: which you ſhall knowe by the faint taſte and milkie colour, which diſtilleth to the end: this you muſt now and then taſte in a ſpoone. Now when you haue drawne ſo much as you finde good, you may adde thereunto ſo much of your Spirit that came before your Cinamon water, as the ſame will well beare, which you muſt finde by your taſte. But if your Spirit and your Cinamon be both good, you may of the afore-

aforesaid proportion will make vp two gallons, or two gallons and a quart of good Cinamon water. Heere note, that it is not amisse to obserue which glasse was first filled with the spirit that ascended, and so of the second, third and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those haue more taste of the Cinamon than that which came first, and therefore more fit to bee mixed with your Cinamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cinamon water the second time This way I haue often proued, and found most excellent: take heede that your Limbecke bee cleane, and haue no manner of sent in it, but of wine or Cinamon, and so likewise of the glasses, funnelles and pots which you

you ſhall vſe about this worke.

11. *How to diſtill Iſop, Tyme, Lauender, Roſemary, &c. after a newe and excellent manner.*

HAuing a large pot containing 12. or 14. gallons with a Limbecke to it, or elſe a copper bodie with a ſerpentine of 20. or 24. gallons, and a copper head, beeing ſuch a veſſell as is commonly vſed in the drawing of Aqua vitæ, fill two parts thereof with faire water, and one other third parte with ſuch hearbes as you would diſtill, the hearbes beeing eyther moiſt or drie, it skilleth not greatly whether: let the hearbes macerate all night, and in the morning begin your fire, then diſtill as before in Cinamon water, beeing carefull to giue change of waters to your colour alwaies as it needeth: drawe no longer then you feele a ſtrong and ſenſible taſte of the

the hearb which you distill, alwaies diuiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelling anie that is drawne by a common pewter Still: you may also gather the oyle of each hearbe, which you shall finde fleeting on the top or summitie of your water. This course agreeth best with such hearbes as are not in taste, and will yeeld their oyle by distillation.

12. *How to make the salt of Hearbes.*

BVrne whole bundels of dryed Rosemarie, Sage, Isop, &c. in a cleane Ouen, and when you haue gathered good store of the ashes of the hearbe, infuse warme water vpon them, making a strong and sharp Lee of those ashes, then euaporate that Lee, and the residence or setling which you finde in the bottom therof, is the salt which you seeke for. Some vse to filter this Lee diuers se

diuerse times before euaporation, that their salt may be the clearer & more transparant. This salt, according to the nature of the hearbe, hath great effects in physick.

13. *Spirit of Honey.*

PVt one part of Honey to v parts of water: when the water boyleth, dissolue your Honey therein, skimme it, and hauing sodden an houre or two, put it into a wodden vessell, and when it is but bloud-warme, set it on worke with yeast after the vsuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it wil yeeld his Spirit by distillation, as Wine, Beere and Ale will doe.

14. *To distill Rose-water at Michaelmas, and to haue a good yeeld as at any other time of the yeare.*

In

IN the pulling of your Roſes, firſt diuide all the blaſted leaues, then take the other freſh leaues, and laie them abroad vpon your table or windowes with ſome cleane linnen vnder them, let them lie 3. or foure houres, or if they bee dewy, vntill the dew be fully vaniſhed: put theſe Roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldſiners call their hookers, and ſerue to receiue their Aqua fortis, bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keepe a long time good, and you may diſtill them at your beſt leaſure. This waie you may diſtill Roſewater good cheape, if you buy ſtore of Roſes, when you finde a glutte of them in the market, where

whereby they are sold for 7. pence or 8. pence the bushell: you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vppe the pot with Rose leaues to the toppe, that so in your distillation of them you shal haue a perfect Rose vinegar without the addition of any common vinegar. I haue knowne Rose leaues kept well in Rondlets that haue beene first well seasoned with som hot liquor & Rose leaues, boiled together, and the same pitched ouer on the outside, so as no ayre might penetrate or pearce the vessell.

15. *A speedy distillation of Rose water.*

STampe the leaues, and first distill the iuice being expressed, and after distill the leaues, and so you shall dispatch more with one Still, than others doe with three or foure

foure Stils. And this water is euery way as medicinable as the other, seruing in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16 *How to distill wine-vinegar or good Aligar, that may bee both cleer and sharp.*

I Knowe, it is an vsuall manner, among the Nouices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I vtterly dislike, both for that heer is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large bodie of glasse with a head or receiuer, the same being placed in sand or ashes.

Note,

Note, that the best part of the vinegar, is the middle part that ariseth: for, the first is faint & phlegmatick; and the last will taste of adustion, because it groweth heauie toward the later end, and must be vrged vp with a great fire: and therefore you must now and then taste of that which cometh both in the beginning, & towards the later end, that you may receiue the best by it self.

17. *How to draw the true spirit of Roses, and so of all other herbs and flowers.*

MAcerate the Rose in his owne juice, adding thereto, beeing temperately warme, a conuenient proportion either of yeast or ferment: leaue them a few daies in fermentation, till they haue gotten a strong & heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (happely a limbeck

beck will do better, and rid faster) and drawe so long as you finde any sent of the Rose to come: then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Roses only, and after distill the same.

18. *An excellent Rosewater.*

VPon the top of your glasse bodie, straine a haire cloth, and vpon that lay good store of Roseleaues, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes: you may reiterate the same water vpon fresh leaues. This may also bee done in a leaden Still; ouer which, by reason of the breadth, you may place more leaues.

19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the iuice therof, set it on the fire, & giue it only a walme or two, then it wil grow clear: before it be cooled, poure away the cleered filter with a piece of cotten, & then euaporate your filtred iuice, till it come to a thick substance: and thus you shall haue a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRie the herbe or flower, and distill the same in faire water in

in a Limbeck, draw no longer than you finde sent in the water that issueth, reiterate that water vpon fresh hearbes, and distill as before, diuiding the sweetest from the rest.

21. *A Scottish handwater.*

PVt Tyme, Lauender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the said hearbs, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for vj. weekes, distill it, and it is called Dames water in Scotland. A little thereof put into a bason of common water, maketh verie sweet washing water.

22. *How to draw the blood of hearbes.*

STampe the hearbe, put the same into a large glasse, leauing two parts emptie (some commend the juice

juice of the herb onely) nip or else lute the glasse very well: digest it in balneo xv. or xvi daies, and you shall find the same very red: diuide the watrish part; and that which remaineth, is the bloud or essence of the herb.

23 *Rose-water, & yet the Rose-leaues not discoloured.*

YOu must distill in balneo, and when the bottom of your pewter Still is thorow hot, put in a few leaues at once, and distill them: watch your Still carefully; and, as soon as those are distilled, put in more. I knowe not whether your profit will requite your labour, yet accept of it as a new conclusion.

24 *How to recouer Rose water, or any other distilled water that hath gotten a mother, and is in danger to bee musty.*

Infuse

INfuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after macération for three or four houres with a gentle fire, rediſtill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnleſſe your Lymbeck ſtand in balneo.

25. *To draw both good Rosewater, and oyle of Roſes together.*

AFter you haue digeſted your Roſe leaues by the ſpace of 3. moneths, *ſicut ante, num.* 13. either in barrels or hookers, then diſtill them with fair water in a Limbeck: draw ſo long as you can find any excellent ſmell of the Roſe, then diuide the fattie oyle that fleeteth on the top of the Roſewater, and ſo you haue both excellent oyle of Roſes, and alſo good Roſewater together, and you ſhall alſo haue more water than by the ordinarie way,

way: and this Roſewater extendeth farther in phyſicall compoſitions, and the other ſerueth beſt for perfumes and caſting bottles. You may alſo diſtill the oile of *Lignum Rhodium* this way, ſauing that you ſhall not need to macerate the ſame aboue 24. houres in your water or menſtruum before you diſtill: this oile hath a moſt pleaſing ſmell, in a manner equall with the oile of Roſes.

COOKERY AND Huſwifery.

1. *To ſouſe a yong Pig.*

TAke a yong pig being ſcalded: boil it in faire water and white wine: put thereto ſome Bayleaues, ſome whole Ginger, ſome Nutmegs quartered, and a few whole Cloues: boil it thorowly, and leaue it in the ſame broth in an earthen pot.

2. *Aliter.*

TAke a Pig being ſcalded: collar him vp like brawn, and lap your collars in faire clothes: when the fleſh is boiled tender, take it out, and put

put it in cold water and ſalt, and that will make the skinne white: make ſowſing drink for it, with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a Flounder or Pickrell of the Frenchfaſhion.*

TAke a pint of white wine, the tops of yong Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with verjuice, ſalt, and a peece of ſweet butter, and ſo ſerue it: this broth will ſerue to boil fiſh twice or thrice in.

4. *To boil Sparrows or Larks.*

TAKE two ladles full of mutton broth, a little whole mace: put into it a peece of ſweet butter, a handfull of Parſly being picked: ſeaſon it with ſugar, verjuice, and a little pepper.

5. To boile a Capon in white broth.

BOile your Capon by it ſelfe in faire water: then take a ladleſull or two of Mutton-broth, and a little white wine, a little whole Mace, a bundle of ſweet herbs, a little marrow: thicken it with Almonds: ſeaſon it with ſugar & a little verjuice: boile a few Currans by themſelues, and a Date quartered, leſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken, or Rabbet: if you haue no Almonds, thicken it with cream, or with yolks of eggs. garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

6. To boile a Mallard, Teale, or Wygen.

TAke Mutton-broth, and put it into a pipkin: put into the belly

belly of the Fowl a few ſweet herbs and a little mace: ſtick half a dozen of cloues in his breaſt: thicken it with a toſte of bread ſteeped in verjuice: ſeaſon it with a little pepper, and a little ſugar; alſo one onion minced ſmall is very good in the broth of any water-Fowle.

7. *To boile a leg of Mutton after the French faſhion.*

TAke all the fleſh out of your leg of Mutton, or at the but end, preſeruing the skinne whole, and mince it ſmall with Oxe-ſuet and marrow: then take grated bread, ſweet Cream, and yolks of egges, and a few ſweet herbs: put vnto it Currans, and Raiſins of the Sunne: ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton again, where you took it out, and ſtew it in a pot with a marrow-bone or two: ſerue-

in the marrow-bones with the ſtewed broth & fruit, and ſerue-in your leg of Mutton dry with carret roots ſliced, and caſt groſſe pepper vpon the roots.

8. *To boil Pigs-petitoes on the French faſhion.*

BOile them and ſlice them, being firſt rouled in a little batter, your batter being made with the yolk of an egg, 2. ſpoonfuls of ſweet cream, and one ſpoonfull of flower: make ſawce for it with nutmeg, vinegar, and ſugar.

9. *To boile Pigeons with Rice.*

BOil them in Mutton-broth, putting ſweet herbs in their bellies: then take a little Rice, and boil it in creame, with a little whole mace: ſeaſon it with ſugar: lay it thick on their

their breſts, wringing alſo the juice of a Lemmon vpon them, and ſo ſerue them.

10. *To boile a chine of veale or chicken in ſharp broth with herbs.*

TAke a little mutton broth, white wine and verjuyce, and a little whole mace: then take Lettuce, Spinage, and Parſley, and bruize it, and put it into your broth, ſeaſoning it with verjuyce, pepper, and a little ſugar, and ſo ſerue it.

11. *To make Beaumanger.*

TAKE the brawne of a Capon: toſe it like wooll: then boile it in ſweet Cream with the whites of two egges; and being well boyled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaſter mortar with a woodden peſtell: then draw it thorough a thinne ſtrainer

with the yolks of two egges, and a little Roſe-water: then ſet it on a chafingdiſh with coals, mixing four ounces of ſugar with it; and when it is cold, diſh it vp like Almond-butter, and ſo ſerue it.

12. *To make a Polonian ſawſedge.*

TAke the fillets of a hog: chop them very ſmall with a handfull of red Sage: ſeaſon it hot with ginger and pepper, and then put it into a great ſheep's gut: then let it lie three nights in brine: then boile it, and hang it vp in a chimney where fire is vſually kept: and theſe ſawſedges will laſt a whole yeer. They are good for ſallades, or to garniſh boiled meats, or to make one reliſh a cup of wine.

13. *To make tender and delicate brawn*

PVt collars of brawn in kettles of water, or other apt veſſels, into an ouen heated, as you would for houſhold bread: couer the veſſels, and ſo leaue them as long in the ouen, as you would doe a batch of bread. A late experience amongſt Gentlewomen far excelling the old manner of boiling brawne in great and huge kettles. *Quære* if putting your liquor hot into the veſſels, and the brawn a little boiled firſt, by this means you ſhall not giue great expedition to your work.

14. *Paſte made of fiſh.*

INcorporate the bodie of ſalt-fiſh, Stock-fiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

with the yolks of two egges, and a little Roſe-water: then ſet it on a chafingdiſh with coals, mixing four ounces of ſugar with it; and when it is cold, diſh it vp like Almond-butter, and ſo ſerue it.

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&c. and with proper ſpices agreeing with the nature of euery ſeueral fiſh; and of that paſte, mould off the ſhapes and forms of little fiſhes; as, of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell vp Oiſters, ſo as they ſhall laſt for ſix moneths ſweet and good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mix a reaſonable proportion of the beſt white wine vinegar you can get, a little ſalt, and ſome pepper: barrell the fiſh vp in ſmall cask, couering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent means to conuey oyſters vnto dry townes, or to carry them in long voyages.

16. *How to keep freſh Salmon a whole moneth in his perfect taſte and delicacy.*

FIrſt, ſeethe your Salmon according to the vſuall manner: then ſinke it in apt and cloſe veſſels in wine-vinegar, with a branch of Roſemary therein. By this means, Vintners and Cookes may make profit thereof when it is ſcarce in the markets: and Salmon, thus prepared, may bee profitably brought out of Ireland, and ſold in London or elſewhere.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your fiſh in oyle: ſome commend rape oil; & ſome, the ſweeteſt Ciuill oil that you can get: for, the fiſh will not taſte at all of the oil, becauſe

becauſe it hath a watriſh bodie, and oyle and water make no true vnity: then put your fiſh in white wine vinegar, and ſo you may keepe it for the vſe of your Table anie reaſonable time.

18. *How to keepe roſted Beefe a long time ſweet and wholſome.*

THis is alſo done in Wine vinegar, your peeces being not ouer great, and well and cloſe barrelled vp. This ſecret was fully proued in that honourable voyage vnto Cales.

19. *How to keepe powdered Beefe fiue or ſixe weekes after it is ſodden, without any charge.*

VVHEN your Beefe hath been well and thoroughly powdered by tenne or twelue dayes ſpace, then ſeethe it thoroughly, dry

it

it with a cloth, and wrap it in drie clothes, placing the ſame in cloſe veſſels and cupboards, & it wil keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kinde and louing friend.

20. *A conceipt of the Authors, how Beefe may be carried at the Sea, without that ſtrong and violent impreſsion of ſalt, which is vſually purchaſed by long and extreame powdering.*

HEere, with the good leaue and fauour of thoſe courteous Gentlewomen, for whom I did principally, if not only, intend this little Treatiſe; I will make bold to lanch a little from the ſhoare, and try what may bee done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſeruation of ſuch vſuall victualls, as for want of this skill

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do oftentimes meerly periſh, or elſe, by the extreme pearcing of the ſalt, doe loſe euen their nutritiue ſtrēgth and vertue: and if any future experience doe happen to controule my preſent conceipt, let this excuſe a ſcholar, *quòd in magnis eſſe voluiſſe ſat.* But now to our purpoſe: Let all the bloud be firſt well gotten out of the Beefe, by leauing the ſame ſome nine or ten dayes in our vſuall brine: then barrell vp all the peeces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them thorow the ſalt ſea water (which, by his infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe): you may happely finde your Beef both ſweet & ſauoury enough, when you come to ſpend the ſame. And if this happen to fall out true vpon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be vrged thereunto vpon any neceſſity of ſeruice, I hope to

to diſcouer the means alſo whereby euery ſhip may carry ſufficient ſtore of victuall for herſelf in more cloſe and conuenient cariages than thoſe looſe veſſels are able to performe. But if I may be allowed to carry eyther roſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein, to preſerue, for ſix whole moneths together, eyther Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as we doe now vſually eate them at our Tables. And this I hold to be a moſt ſingular and neceſſary Secret for all our Engliſh Nauie; which at all times, vpon reaſonable tearmes, I will bee ready to diſcloſe for the good of my countrey.

21. *How to make ſundry ſorts of moſt daintie Butter, hauing a liuely taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few dropps of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making vp of your Butter: for Oyle and Butter wil incorporate and agree verie kindely and naturally togerher. And how to make the ſaid oyles, with all neceſſarie veſſels, inſtruments, and other circumſtances by a moſt plaine and familiar deſcription; ſee my Iewelhouſe of Art and Nature, vnder the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milk, than is commonly vſed or known by any of our beſt Dairy women at this day.*

Hauing

Hauing brought your milke into curds by ordinary rennet, either break them with your hands, according to the vſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the whey as you can; or elſe put the curds, without breaking, into your moat: let them ſo repoſe one houre, or two, or three; and then, to a Cheeſe of two gallons of milk, adde a weight of tenne or twelue pound: which weight muſt reſt vpon a couer that is fit with the moat or caſe; wherein it muſt truely deſcend by degrees as you increaſe your weight, or as the curds doe ſink and ſettle. Let your curds remaine ſo all that day and night following, vntill the next morning: and then turne your Cheeſe or curds, and place your weight again thereon, adding from time to time ſome more ſmall weight, as you ſhall ſee cauſe. Note, that you muſt lay

lay a cloth both vnder and ouer your curds at the leaſt, if you will not wrap them all ouer, as they doe in other cheeſes, changing your cloth at euery turning. Alſo if you will worke in any ordinary moat, you muſt place a round and broad hoop vpon the moat, beeing juſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a very thinne cheeſe. Turne theſe cheeſes euery morning and euening, or as often as you ſhall ſee cauſe, till the whey be all runne out; and then proceed as in ordinary Cheeſes. Note, that theſe moats would be full of holes, both in the ſides and bottome, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuiſe moats or caſes, either round or ſquare, of fine wicker; which, hauing wicker couers, may by ſome fleight be ſo ſtaied, as that you ſhall need

need onely morning and euening to turne the wrong ſide vpward, both the bottomes being made looſe, and ſo cloſe and fitting, as they may ſinke truely within the moate or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes the couer of the moat ſhutteth ouer the moat: but in theſe the couers deſcend and fall within the moates. Alſo your ordinarie Cheeſes are more ſpongious and full of eyes, than theſe, by reaſon of the violent preſsing of them; whereas theſe cheeſes ſetling gently and by degrees, doe cut as cloſe and as firme as marmelade. Alſo in thoſe Cheeſes which are preſſed out after the vſuall manner, the whey that commeth from them if it ſtand a while, will carrie a creame vpon it, whereby the Cheeſe muſt of neceſsitie be much leſſe, and, as I gheſſe, by a fourth part: whereas the Whey that commeth from theſe new kinde of

Cheeſes

Cheeſes is like fair water in colour, and carrieth no ſtrength with it. Note alſo, that if you put in your curds vnbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the cheeſes will yet bee ſo much the greater; but that is the more troubleſome way, becauſe the curds, beeing tender, will hardly endure the turning, vnleſſe you bee very carefull. I ſuppoſe, that the Angelotes in France may bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of vnflatten milke, they will bee full of butter, and eate moſt daintily, beeing taken in their time, before they be too dry: for which purpoſe, you may keep them, when they beginne to growe dry, vpon green ruſhes or nettles. I haue robbed my wiues Dairy of this ſecret, who hath hitherto refuſed all recompences that haue beene offered her

her by gentlewomen for the ſame: and had I loued a Cheeſe my ſelf ſo well as I like the receipt, I think I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue been willing to publiſh this with ſome other ſecrets of worth, for the which I haue many times refuſed good ſtore both of crowns and angels. And therefore let no Gentlewoman think this Book too deare, at what price ſoeuer it ſhall be valued vpon the ſale thereof: neither can I eſteem the work to be of leſſe than twenty yeers gathering.

23. *Clouted cream.*

TAke your milk being new milked, and preſently ſet it vpon the fire from morning vntill the eue-

euening, but let it not ſeethe: and this is called my Lady *Young*'s clowted cream.

24. *Fleſh kept ſweet in ſummer.*

YOu may keep Veal, Mutton, or Veniſon in the heat of Summer ix. or x. daies good, ſo as it be newly and fair killed, by hanging the ſame in an high and windy room (And therefore a plate cupboard full of holes, ſo as the winde may haue a thorow paſſage, would be placed in ſuch a room, to auoid the offence of Fly-blowes.) This is an approoued Secret, eaſie & cheap, and very neceſſary to be knowne and practiſed in hot and tainting weather. Veale may be kept ten daies in bran.

25. *Muſtard-Meale.*

IT is vſuall in Venice to ſell the meal of Muſtard in their markets, as

as we doe flower and meale in England: this meale, by the addition of vinegar, in two or three daies becommeth exceeding good muſtard; but it would be much ſtronger and finer, if the huskes or huls were firſt diuided by ſearce or boulter; which may eaſily be done, if you dry your ſeeds againſt the fire before you grinde them. The Dutch iron hand-mils, or an ordinary pepper-mill, may ſerue for this purpoſe. I thoght it very neceſſary to publiſh this maner of making your ſawce, becauſe our muſtard which we buy from the chandlers at this day, is many times made vp with vile and filthy vinegar, ſuch as our ſtomacks would abhorre, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to auoid ſmoke in broyling of Bacon, Carbonado, &c.*

MAke little dripping pannes of paper,

paper, paſting vp the corners with ſtarch or paſte: wet them a little in water (but Pope *Pius Quintus* his Cook will haue them touched ouer with a feather firſt, dipped in oyle or molten butter): lay them on your gridiron, and place therein your ſlices of bacon, turning them as you ſee cauſe. This is a cleanly way, and auoideth all ſmoke In the ſame maner you may alſo broil thin ſlices of Polonian ſawſedges, or great Oyſters: for ſo were the Popes Oiſters dreſſed. You muſt be carefull, that your fire vnder the gridiron flame not, leſt you happen to burne your dripping pannes: and therefore all cole-brands are heer ſecluded.

27. *The true bottling of beer.*

WHen your Beer is 10. or 12 dayes olde, whereby it is growne reaſonable cleare, then

then bottle it, making your corkes very fit for the bottles, and ſtoppe them cloſe: but drinke not of this beer, till they begin to worke againe, and mantle, and then you ſhall finde the ſame moſt excellent and ſpritely drink: and this is the reaſon why bottle-ale is both ſo windy & muddy, thundering and ſmoking vpon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the Cellar; whereby his yeaſt, beeing an exceeding windy ſubſtance, being alſo drawne with the Ale not yet fined, doth incorporate with the drink, and maketh it alſo very windy: and this is all the lime and gunpowder wherewith bottle-ale hath been a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

SOme put them in an ouen when

the bread is newly drawne, cloſing vp the ouen, and ſo let them reſt till morning. Others content themſelues with ſcaulding them in hot liquor onely till they be ſweet.

29. *How to breake whites of egges ſpeedily.*

A Fig or two ſhred in peeces, and then beaten among the whites of egges, will bring them into an oile ſpeedily: ſome breake them with a ſtubbed rod; and ſome, by wringing them often thorow a ſponge.

30. *How to keep Flies from oyle-peeces.*

A Line limed ouer, and ſtrained about the creſt of oile-pieces or pictures, will catch the Flyes, that would otherwiſe deface the pictures. But this Italian conceipt, both for the rareneſſe and vſe thereof, doth pleaſe

pleaſe me aboue all other, viz. Prick a Cowcumber full of barly-cornes, with the ſmal ſpiring ends outward: make little holes in the cowcumber firſt with a woodden or bone bodkin, and after put in the grain: theſe, being thick placed, will in time couer all the Cowcumber, ſo as no man can diſcern what ſtrange plant the ſame ſhould bee. Such Cowcumbers are to bee hung vp in the midſt of Summer-roomes, to draw all the Flies vnto them, which otherwiſe would flie vpon the pictures or hangings.

31. *To keep Lobſters, Craſiſhes, &c. ſweet and good for ſome few dayes.*

THeſe kindes of fiſh are noted to bee of no durability or laſting in warme weather: yet, to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by this diſcouery amongſt the fiſhmongers (who, onely in reſpect of their ſpeedy decay, doe now and then afford a pennyworth in them): if you wrap them in ſweet & coorſe rags firſt moiſtened in brine, and then burie theſe clothes in Callis ſand, that is alſo kept in ſome coole or moiſt place, I knowe by mine owne experience, that you ſhall find your labour well beſtowed, and the rather, if you lay them in ſeuerall clothes, ſo as one doe not touch the other.

32. *Diuerſe excellent kindes of bottle-ale.*

I Cannot remember, that euer I did drink the like Sage-ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of Sage with a quart of Ale, the ſame beeing well brewed out of one pot into another,

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right goſſips cup that ſhall farre exceed all the Ale that euer mother *Bunch* made in her life time, then in the bottling vp of your beſt Ale, tunne halfe a pinte of white Ipocras that is newly made, and after the beſt receipt, with a pottle of Ale: ſtoppe your bottle cloſe, and drinke it when it is ſtale: Some commend the hanging of roaſted Orenges prickt full of Cloues in the veſſell of Ale till you find the taſte therof ſufficiently graced to your own liking.

33. *How to make wormewood wine very ſpeedily and in great quantity.*

TAke ſmall Rochell or Coniake wine, put a few dropps of the

extracted oile of wormwood therein: brew it together (as before is ſet down in bottle-ale) out of one pot into another, and you ſhall haue a more neat and wholeſome wine for your body, than that which is ſold at the Stillyard for right wormwood-wine.

34. *Roſe-water and Roſe-vinegar of the colour of the Roſe, and of the Cowſlip, and violet-vinegar.*

IF you would make your Roſewater and Roſe-vinegar of a Rubie colour, then make choice of the crimſin-veluet-colored leaues, clipping away the whites with a paire of ſheers: and beeing thorow dryed, put a good large handfull of them into a pint of Damask or red Roſewater: ſtop your glaſſe well, and ſet it in the Sunne, till you ſee that the leaues haue loſt their colour: or, for more expedition, you may perform this work in balneo in a few houres; and

and when you take out the olde leaues, you may put in freſh, till you finde the colour to pleaſe you. Keep this Roſe-water in glaſſes very well ſtopt; the fuller, the better What I haue ſaid of Roſe-water, the ſame may alſo be intended of Roſe-vinegar, violet, marigold, and cowſlip-vinegar: but the whiter vinegar you chuſe for this purpoſe, the colour thereof will bee the brighter: and therefore diſtilled vinegar is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diuiſion of parts, according to the manner expreſſed in this book in the diſtillation of vinegar.

35. *To keep the iuyce of Orenges and Lemmons all the yeer for ſauce, Iuleps, and other purpoſes.*

EXpreſſe their juyce, and paſſe it thorough an Ipocraſſe bagge, to clarifie it from his impurities:

then fill your glaſſe almoſt to the top: couer it cloſely, and let it ſtand ſo till it haue done boyling: then fill vp your glaſſe with good ſallet oyle, and ſet it in a coole cloſet or butterie where no Sun commeth: the apteſt glaſſes for this purpoſe, are ſtraight vpright ones, like to our long beer-glaſſes, which would bee made with little round holes within two inches of the bottom, to receiue apt fawcets: and ſo the grounds or lees would ſettle to the bottom, and the oyle would ſink down with the juyce ſo cloſely, that all putrefaction would be auoyded: or, in ſtead of holes, if there were glaſſe pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this maner preſerue many juices of herbs and flowers.

And becauſe that profit and skill vnited do grace each other, if (curteous Ladies) you will lend eares, and follow my direction, I will heer

furniſh

furniſh a great number of you (I would I could furniſh you all) with the juyce of the beſt Ciuill Orenges at an eaſie price. About Allhallontide, or ſoon after, you may buy the inward pulp of Ciuill Orenges, wherein the juice reſteth, of the comfit-makers for a ſmall matter, who doe onely or principally reſpect their rindes, to preſerue and make Orengeadoes withall: this juyce you may prepare and reſerue as before.

36. *How to puriſie and giue an excellent ſmell and taſte vnto ſallet oyle.*

PVt ſallet oyle in a veſſel of wood or earth, hauing a hole in the bottome: to euery foure quarts of water, adde one quart of oile, and, with a woodden ſpoon or ſpattle, beat them well together for a quar-

ter of an houre ; then let out the water, preuenting the oyle from iſſuing, by ſtopping of the hole : repeate this worke two or three times, and at the laſt you ſhall finde your oil well clenſed or clarified. In this manner you may alſo clarifie capons greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholomeus Scapius*, the Maſter-Cooke of Pope *Pius Quintus* his priuie Kitchin. I thinke if the laſt agitation were made in Roſe water, wherein alſo Cloues or Nutmegs had been macerated, that ſo the oyle would bee yet more pleaſing.

Or if you ſet a Iarre glaſſe in balneo full of ſweet oyle, with ſome ſtore of bruiſed cloues, and rindes of Ciuill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloues and rindes remain in the oyle, till both the ſent and taſte do pleaſe you ; I think many

ny men which at this day doe lothe oil (as I my ſelf did, not long ſince) would be eaſily drawne to a ſufficient liking thereof.

37. *How to clariſie, without any diſtillation, both white and claret wine vinegar for gellies or ſauces.*

TO euery ſix pints of good wine-vinegar, put the whites of two new-laid egges well beaten: then put all into a new leaden pipkin, and cauſe the ſame to boile a little ouer a gentle fire: then let it run thorow a coorſe gelly-bag twice or thrice, and it will bee very cleer, and keep good one whole yeer.

38. *To make a moſt delicate white ſalt for the Table.*

FIrſt calcine or burn your white ſalt,

ſalt: then diſſolue it in cleer conduit water: let the water ſtand without ſtirring, forty eight houres: then carefully draw away all the cleere water onely: filter it, and after euaporate the filtred liquor, reſeruing the ſalt. Some leaue out calcination.

39. *A delicate Candle for a Ladies Table.*

CAuſe your Dutch Candles to be dipped in Virgin wax, ſo as their laſt coat may be meerly wax: and by this meanes you may carry them in your hand without melting, and the ſent of the tallow will not break thorow to giue offenſe: but if you would haue them to reſemble yellow wax-candles, then firſt let the tallow be coloured with Turmerick boiled therin, and ſtrained: and after your Candles haue been dipped therein to a ſufficient gutarneſſe, let them take their laſt

coat

coat from yellow wax: this may be done in a great round Cane of tin-plate, hauing a bottom, and beeing ſomewhat deeper than the length of your candles: and as the wax ſpendeth, you may ſtil ſupply it with more.

40. *How to hang your candles in the aire without candleſticks.*

THis will make a ſtrange ſhew to the beholders that knowe not the conceit. It is done in this manner: Let a fine Virginall wyer bee conueyed in the middeſt of euery week, and left of ſome length aboue the Candle, to faſten the ſame to the poſtes in the roof of your houſe; and if the room bee any thing high roofed, it will be hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wyer.

41. Roſe-vinegar made in a new manner.

MAcerate or ſteep Roſe-leaues in faire water: let them lie therein till they wex ſowre in ſmell, and then diſtill the water.

SWEET

SVVEETE POVVders, oyntments, beauties, &c.

1. *An excellent damask powder.*

YOu may take of yreos halfe a pound, Rose leaues 4. ounces cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, Muske and Ciuet of each 10. graines; beate and incorporate them well together.

2. *An excellent handwater or washing water very cheap.*

TAke a gallon of faire water, one handfull of Lauender flowers, a few Cloues, and some Orace pow-

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water vpon the feces: a little of this will sweeten a bason of faire water for your table.

3. *A ball to take out staines from linnen.*

TAke foure ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much roch Allome as an hasell nut: roule it vp in a ball: rub the staine therewith; and after, fetch it out with warm water, if need be.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce; musk, six grains; ciuet, six grains;

grains; Amber-greece, six graines; of Calamus Aromaticus and Lignum Aloes, of each the waight of a groat: beat all these in a hot mortar, and with an hot pestell, till they come to paste: then wet your hand with Rose-water, and roule vp the paste suddenly.

5. *To take stains out of ones hands presently.*

YOu may doe this with the juyce of Sorrell, washing the stained place therein.

6. *To take away spots and freckles from the face or hands.*

THe sappe that issueth out of a Birch tree in great aboundance, being opened in March or Aprill, with a receiuer of glasse set vnder the boring thereof to receiue the same, doth perform the same most excellently,

excellently, and maketh the skinne very cleer. This ſap will diſſolue pearle; a ſecret not knowne vnto many.

7. *A white fucus or beauty for the face.*

THe jaw-bones of a Hog or Sow well burnt, beaten, and ſearced thorow a fine Searce, and after, ground vpon a porphyrie or ſerpentine ſtone, is an excellent fucus, being laid on with the oyle of white poppy.

8. *A delicate waſhing ball.*

TAke three ounces of Orace, half an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Roſe leaues, two ounces of Lauender flowers: beat all theſe together in a mortar, ſearcing them thorow a fine Searce: then ſcrape ſome caſtill

caſtill ſope, & diſſolue it with ſome Roſe-water: then incorporate all your powders therewith, by labouring of them well in a mortar.

9. *Damask-powder.*

TAke fiue ounces of Orace, two ounces of Cypreſſe, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Benjamin, one ounce of roſe leaues, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mix them well together.

10. *To keep the teeth both white and ſound.*

OF hony take a quart, as much vinegar, & halfe ſo much white wine: boil them together, and waſh your teeth therewith now and then.

11. To

11. *To allay heat, and cleer the face.*

TAke three pints of conduit water: boyl therein two ounces of French barly: change your water, and put in the barly again: repeat this so long, til your water purchase no colour from the barly, but become very cleer: boil the last three pints to a quart: then mix halfe a pint of white wine therein; and when it is cold, wring the juyce of two or three good Lemmons therein, and vse the same for the Morphew, heat of the face or hands, and to cleer the skin.

12. *Skin kept white and cleer.*

WAsh the face and body of a sucking childe with breast-milk, or cow-milk, or mixed with water,

water, euery night: aud the childe's skin will wex fair and cleer, and resist Sun-burning.

13. *An excellent Pomatum to cleer the skinne.*

VVAsh Barrows grease oftentimes in May-deaw, that hath bin clarified in the Sun, till it bee exceeding white: then take Marshmallow roots, scraping off the the outsides: then make thin slices of them, and mix them: set them to macerate in a seething Balneo, and scumme it well till it bee thorowly clarified, and will come to rope: then strain it, and put now and then a spoonfull of May-dew therein, beating it till it bee thorow cold in often change of May-dew: then throwe away that dew, and put it in a glasse, couering it with May-dew: and so reserue it to your vse. Let the mallow roots be two or three daies dried

dried in the ſhade before you vſe them. This I had of a great profeſſor of Art, and for a rare and dainty Secret, as the beſt fucus this day in vſe.

14. *Another minerall fucus for the face.*

INcorporate with a woodden peſtle, and in a woodden mortar with great labour, foure ounces of ſublimate, and one ounce of crude Mercury, at the leaſt 6 or 8 hours (you cannot beſtowe too much labour heerin) : then, with often chãge of cold water, by ablution in a glaſs, take away the ſalts from the ſublimate : change your water twice euery day at the leaſt ; and in ſeuen or eight daies (the more the better) it will bee dulcified, and then it is prepared. Lay it on with the oile of white Poppy.

15. *To take away chilblanes out of the hands or feet.*

BOyle halfe a pecke of Oats in a quart of water, till they wex dry: then hauing firſt anointed your hands with ſome good Pomatum, and well chafed them, hold them within the Oats as hot as you may well ſuffer them, couering the bowl wherein you put your hands, with a double cloth, to keep in the ſteame of the Oats. Do this three or foure times, and you ſhall finde the effect. The ſame Oats will ſerue to bee ſodden with freſh water three or foure times.

16. *To help a face that is red or pimpled.*

DIſſolue common Salt in the juyce of Lemmons, and with a linnen

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dreſſings.

17. Aliter.

TAke of thoſe little whelkes or ſhels which ſome do call ginny money: waſh fiue or ſix of them, and beat them to fine powder, and infuſe the juice of Lemmons vpon them, and it will preſently boyle: but if it offer to boyle out of your glaſſe, then ſtop the mouth thereof with your finger, or blowe into it. This will in a ſhort time bee like an ointment; with which you muſt anoint the heat or pimples of the face oftentimes in a day, till you finde help. As the ointment dryeth, put more juyce of Lemmons to it. This of an outlandiſh Gentlewoman, and it is an aſſured remedy, if the heat bee not very extreme. Some haue found by experience, that bathing of

of the face with hote vinegar euery night when they go to bed, doth mightily repell the humour.

18. *Aliter.*

QVilt bay ſalt well dried and powdered, in double linnen ſocks of a pretty bigneſſe: let the patient wear them in wide hoſe and ſhooes day and night, by the ſpace of foureteene daies, or till hee bee well: euery morning and euening, let him dry his ſocks by the fire, and put them on again.

This helped M. *Foſter* an Eſſex man, and an Atturney of the common pleas, within theſe few yeers, but now deceaſed; whoſe face was, for many yeers together, of an exceeding high and furious colour, of my owne knowledge, and had ſpent much mony in phyſick without any ſucceſſe at all, vntill hee obtained

this remedy. The Patient muſt not take any wet of his feet during the cure.

19. *Aliter, & optimè.*

TAke half a pound of white diſtilled vinegar, two new laid eggs with their ſhels, two ſpoonfuls of the flowers of brimſtone: let theſe macerate in the vinegar by the ſpace of three daies: then take out the egges, and prick them full of holes with a needle, but not too deep, leſt any of the yolk ſhould happen alſo to iſſue: let that liquor alſo mix with the vinegar: then ſtrain all thorow a fine cloth, and tie vp the brimſtone in the cloth, like a little ball: dip this ball in the ſtrained liquor when you vſe it, and pat it on the place three or foure times euery day: and this will cure any red face in twelue or foureteen dayes.

dayes. Some do alſo commend the ſame for an approoued remedy againſt the morphew: the brimſtone ball muſt be kept in ſom cloſe thing from the aire.

20. *How to take away any pimple from the face.*

BRimſtone, ground with the oyle of Turpentine, and applyed to any pimple one houre, maketh the fleſh to riſe ſpungeous: which being anointed with the thick oil of butter that ariſeth in the morning from new milk ſodden a little ouer night, will heale and ſcale away in a few daies, leauing a faire skin behinde. This is a good skinning ſalue.

21. *To help any Morphew, Sun-burning, itch, or red face.*

STeep two ſliced lemmons being large and faire, in a pint of Conduit-water: leaue them four or fiue daies in infuſion, couering the water: then ſtrain the water, and diſſolue therein the quantity of a haſell nut of ſublimate (ſome hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloth therein, and rub the place where the grief is, euery morning and euening a little, till the hew doth pleaſe her: you may make the ſame ſtronger or weaker, according to good diſcretion.

22. *For the Morphew.*

TAke a pint of diſtilled Vinegar: lay therein two new-laid egges whole

whole with their ſhels, three yellow Dock-roots picked and ſliced, two ſpoonfuls of the flowers of brimſtone: and ſo let all reſt three daies, & then vſe this liquor with a cloth, rubbing the place three or foure times euery day; and in three or foure daies, it commonly helpeth: put ſome bran in your cloth before you moiſten your cloth therin, binding it vp in forme of a little ball.

This, of Maſter *Rich* of *Lee*, who helped himſelf and a gallant Lady therewith in a few daies.

23. *To take away the frecklesin the face.*

WAſh your face, in the wane of the Moon with a Spunge, morning and euening, with the diſtilled water of Elder-leaues, letting the ſame dry into the skin. Your water muſt be diſtilled in *May*. This

from a Traueller, who hath cured himself thereby.

24. *To cure any extreme bruise vpon a sore fall on the face, or any other member of the body.*

PResently after the fall, make a great fire, and apply hot clothes, one after another, without intermission, the Patient standing neer the fire for one houre and a half, or till the swelling bee clean abated. This I knew prooued, with good successe, in a maid that fell down a pair of stairs, whereby all her face was extremely disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colors which do accustomably follow all bruises, shred the root of a green or growing flower

flower-deluce: beat it with red roſe water, and grinde it till it come to a ſalue: apply the ſame, and in few houres it takes away all the colors; but if it lie too long, it will rayſe pimples: and therefore ſo ſoon as the colours be vaniſhed, immediatly remoue the ſalue.

25. *How to keep the teeth clean.*

CAlcine the tops and branches of Roſemary into aſhes, and to one part thereof, put one part of burnt Allome: mix them well together, and with thy finger, firſt moyſtened a little with thy ſpettle, rubbe all thy teeth ouer a pretty while euery morning till they bee cleane, but not to galling of thy gummes: then ſuppe vp ſome faire water or white wine, gargling the ſame vppe and downe thy mouth a

while, and then dry thy mouth with a towell. This, of an honeſt Gentleman, and a painfull gatherer of phyſicall receits.

26. *Sweet and delicate dentifrices or rubbers for the teeth.*

DIſſolue in foure ounces of warm water, three or foure drammes of Gumme Dragagant, and in one night this will become a thicke ſubſtance like gelly: mingle the ſame with the powder of Alabaſter finely ground and ſearced: then make vp this ſubſtance into little round rolles, of the bigneſſe of a childes arrow, and foure or fiue inches in length. Alſo if you temper Roſet, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with roſewater, Ciuet, or Muſk. But if your teeth be

bee very ſcalie, let ſome expert Barber firſt take off the ſcales with his inſtrument, and then you may keepe them cleane by rubbing them with the aforeſaid roules.

And heere, by thoſe miſerable experiences that I haue ſeene in ſome of my neereſt friends, I am enforced to admoniſh all Gentlewomen to bee carefull how they ſuffer their teeth to be cleanſed and made white with any *Aqua fortis*, which is the Barbers vſuall water: for vnleſſe the ſame be both well allayed, and carefully applied, ſhe may happen within a few dreſsings to be forced to borrow a ranke of teeth to eate her dinner, vnleſſe her gummes do helpe her the better.

27 *A delicate Stoue to ſweat in.*

I Know that many Gentlewomen, as well for the clearing of their

skins, as cleanſing of their bodies, doe now and then delight to ſweat. For the which purpoſe, I haue ſet down this manner following, as the beſt that euer I obſerued: Put into a braſſe pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kinde as ſhall bee moſt appropriate for your infirmity, with ſome reaſonable quantity of water: cloſe the ſame with an apt couer, and wel luted with ſome paſte made of flower and whites of Egges: at ſome part of the couer you muſt let in a leaden pipe (the entrance wherof muſt alſo bee well luted): this pipe muſt be conueyed thorow the ſide of the chimney, where the pot ſtandeth in a thick hollow ſtake of a bathing tub croſſed with hoops, according to the vſuall manner, in the top, which you may couer with a ſheet at your pleaſure. Now, the ſteam of the pot paſſing thorow the pipe vnder the halfe bottome of the bathing tub, which muſt bee bored full

full of bigge holes, will breathe ſo ſweet and warm a vapour vpon your body, as that (receiuing aire, by holding your head without the tub as you ſit therein) you ſhall ſweat moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmall charcole fire maintained vnder the pot for this purpoſe. Note, that the room would bee cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whil'ſt your body is made open and porous to the aire.

28. *Diuerſe ſorts of ſweet hand-waters made ſuddenly or extempore, with extracted oyles of ſpices.*

FIrſt you ſhall vnderſtand, that whenſoeuer you ſhall draw any of

skins, as cleanſing of their bodies, doe now and then delight to ſweat. For the which purpoſe, I haue ſet down this manner following, as the beſt that euer I obſerued: Put into a braſſe pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kinde as ſhall bee moſt appropriate for your infirmity, with ſome reaſonable quantity of water: cloſe the ſame with an apt couer, and wel luted with ſome paſte made of flower and whites of Egges: at ſome part of the couer you muſt let in a leaden pipe (the entrance wherof muſt alſo bee well luted): this pipe muſt be conueyed thorow the ſide of the chimney, where the pot ſtandeth in a thick hollow ſtake of a bathing tub croſſed with hoops, according to the vſuall manner, in the top, which you may couer with a ſheet at your pleaſure. Now, the ſteam of the pot paſſing thorow the pipe vnder the halfe bottome of the bathing tub, which muſt bee bored full

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28. *Diuerſe ſorts of ſweet hand-waters made ſuddenly or extempore, with extracted oyles of ſpices.*

FIrſt you ſhall vnderſtand, that whenſoeuer you ſhall draw any of

of the aforeſaide Oyles of Cynamon, cloues, Mace, Nutmegs, or ſuch like, that you ſhall haue alſo a pottle or a gallon more or leſſe, according to the quantity which you draw at once, of excellent ſweet waſhing water for your table: yea ſome doe keepe the ſame for theire broths, wherein otherwiſe they ſhould vſe ſome of the ſame kinde of ſpice.

But if you take three or foure drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too coſtly to ſpend this way) and mingle the ſame with a pint of faire water, making agitation of them a prettie while together in a glaſſe hauing a narrow mouth, till they haue in ſome meaſure incorporated themſelues together, you ſhall finde a very pleaſing and delightfull water to waſh with, & ſo you may alwaies furniſh your ſelfe of ſweete water of ſeuerall kindes before ſuch time as your gueſts ſhall be

be ready to ſit downe. I ſpeake not heere of the oyle of Spike (which wil extend very farre this way) both becauſe euery gentlewoman dooth not like ſo ſtrong a ſent, and for that the ſame is elſewhere already commended by another Author. Yet I muſt needs acknowledge it to bee the cheaper way, for that I aſſure my ſelfe there may bee fiue or ſixe gallons of ſweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the moſt

29. *An excellent ſweet water for a caſting bottle.*

TAKE three drammes of oyle of Spyke, one dram of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloues then take one graine of Ciuet, and three graines of the aforeſaid compoſition well wrought to e

ther. Temper them well in a ſiluer ſpoon with your finger: then put the ſame into a ſiluer bowl, waſhing it out by little and little into the bowle with a little Roſe-water at once, till all the oile be waſhed out of the ſpoon into the bowle: and then doe the like by waſhing the ſame out of the bowle with a little Roſe-water at once, till all the ſent bee gotten out, putting the Roſe-water ſtill in a glaſſe, when you haue tempred the ſame in the bowl ſufficiently. A pint of Roſe-water will be ſufficient to mingle with the ſaid proportion: and if you finde the ſame not ſtrong enough of the Ciuet, then you may to euery pint put one gram and a half, or two graines of Ciuet to the weight of 3 graines of the aforeſaid compoſition of oils.

To colour a black hair preſently into a Cheſnut-colour.

This

THis is done with oil of Vitrioll: but you must do it very carefully not touching the skin.

31. *A present and delicate perfume.*

LAy two or three drops of liquid Amber vpon a glowing coale, or a peece of Lignum Aloes, Lignum Rhodium, or Storax.

32. *To renew the sent of a Pomander.*

TAke one graine of Ciuet, and two of Musk, or if you double the proportion, it will bee so much the sweeter: grinde them vpon a stone with a little Rose-water; and after, wetting your hands with Rose water, you may work the same in your Pomander. This is a sleight to passe away an old Pomander; but my intention is honest.

33. *How*

33. How to gather and clarifie May-deaw.

WHen there hath fallen no raine the night before, then with a clean and large ſponge, the next morning, you may gather the ſame from ſweet herbs, graſſe or corn: ſtrain your deaw, and expoſe it to the Sun in glaſſes couered with papers or parchment prickt full of holes: ſtrain it often, continuing it in the Sun, and in an hot place, till the ſame growe white and cleer, which will require the beſt part of the Summer.

Some commend May-deaw gathered from Fennell & Celandine, to bee moſt excellent for ſore eyes, and ſome commend the ſame (prepared as before) aboue Roſewater for preſeruing of fruits, flowers, &c.

34. *Diuerse excellent ſents for gloues, with their proportions and other circumſtances, with the manner of perfuming.*

THE Violet, the Orenge, the Lemmon duely proportioned with other ſents, perform this well: ſo likewiſe of Labdanum, Storax, Benjamin, &c.

The manner is this: Firſt, lay your amber vpon a few coales, till it begin to crack like lime: then let it cool of it ſelf, taking away the coles: then grinde the ſame with ſome yellow ocre, till you perceiue a right colour for a gloue: with this mixture waſh ouer your gloue with a little haire-bruſh vpon a ſmooth ſtone in euery ſeame, and all ouer: then hang your gloues to dry vpon a line: then, with gumme Dragagant diſſolued in ſome Roſe water, and ground with a little oil de Ben, or of ſweet

ſweet Almonds vpon a ſtone: ſtrike ouer your gloues in euery place with the gumme and oile ſo ground together: doe this with a little ſponge, but bee ſure the gloues bee firſt thorowly dry, and the colour well rubbed and beaten out of the gloue: then let them hang again till they be dry, which will bee in ſhort time. Then if you will haue your gloue to lie ſmooth & faire in ſhew, go ouer it again with your ſponge, and the mixture of gumme and oil, and dry the gloue yet once againe. Then grinde vpon your ſtone two or three grains of good Musk, with half a ſpoonfull of Roſe-water; and with a very little peece of a ſponge, take vp the compoſition by a little and a little: and ſo lay it vpon your gloue, lying vpon the ſtone. Pick and ſtrain your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp to dry, and then finiſh the other ſide. Ten grains of Musk will giue

giue a ſufficient perfume to eyght paire of gloues. Note alſo, that this perfume is done vpon a thin Lambs leather gloue: and if you work vpon a kids skin or goats skin, which is vſuall leather for rich perfumes, then you muſt adde more quantity of the oile of Ben to your gum, and go ouer the gloue twice therewith.

35. *Sweet bags to lie among linnen.*

FIll your bags only with Lignum Rhodium finely beaten, and it will giue an excellent ſent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

THE laſt water that is drawne from honey beeing of a deep redde colour, performeth the ſame excellently:

excellently: but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromaticall body.

Or elſe the haire being firſt clean waſhed, and then moiſtned a pretty while by a good fire in warme Allome-water with a ſponge, you may moiſten the ſame in a decoction of Turmerick, Rubarb, or the Bark of the Barberry tree: and ſo it will receiue a moſt faire and beautifull colour.

The dogberry is alſo an excellent berry to make a golden liquor withall for this purpoſe: beat your allom to powder; and when the water is ready to ſeethe, diſſolue it therein: foure ounces to a pottle of water, will be ſufficient: let it boil awhile: ſtrain it, and this is your Allome liquour, wherewith you muſt firſt prepare the haire.

37. *How to colour the head or beard into a Chesnut colour in half an houre.*

TAke one part of Lead calcined with Sulphur, and one part of quicklime: temper them somewhat thin with water: lay it vpon the hair, chafing it well in, and let it dry one quarter of an houre or thereabout: then wash the same off with fair water diuerse times; and lastly with sope and water, and it will be a very naturall hair-colou[illegible] The longer it lieth vpon the h[illegible] browner it groweth. Thi[illegible] not the flesh at all, an[illegible] ry long in the [illegible] *expertum.*

FINIS.